

WOMEN'S Running™

**7 TREADMILLS
TESTED &
APPROVED**
ENTER TO WIN!

BOOTY AWARDS!

**BEST
SHORTS,
CAPRIS,
LEGGINGS
& SKIRTS
FOR EVERY
SHAPE**

**WHY YOU
GAIN WEIGHT
WHILE TRAINING
HARD**

PAGE 40

**>> PERFECT YOGA
POSES FOR RUNNERS**

**FIGHT
BREAST
CANCER!**



**AWESOME
GIFTS THAT
PAY IT
FORWARD**

**15 MOST
POWERFUL
WOMEN
IN RUNNING**

DISPLAY TIL 11/10/2015

OCTOBER 2015
WOMENSRUNNING.COM

\$4.99



Meet Sarah Attar,
Saudi Arabia's first female
Olympic runner

NOBEL PRIZE WINNERS ARE SORE LOSERS.



When muscle cramps hit Dr. Rod MacKinnon while kayaking in rough waters off of Cape Cod, two things smacked him like a raging rapid: fear and insight. The fear of being stuck in deep, shark filled waters triggered a moment of realization for the Nobel Prize-winning neuroscientist. He wasn't going to go out like that. Winners don't lose to fear—they pioneer and persevere.

He set course to invent the most effective way to prevent and treat muscle cramps. Along with fellow kayaker and Harvard Medical School professor, Dr. Bruce Bean, Rod used his expertise in neuroscience to get to the heart, or more precisely—the nerve, of muscle cramps. Treating the nerve instead of the muscle was the game changing revelation that led to an incredible discovery.

IT'S THE NERVE, NOT THE MUSCLE.



Rod and Bruce went full-on “mad scientist”—researching, exploring, testing, and electrifying—until finally, they came up with a genius solution that will change athletic performance as we know it. Get ready for a blast of science. Ion channels in the mouth and stomach, when activated by certain natural ingredients, tell the motoneurons to stay calm. If those nerves

get hyperactive, they trigger muscle cramps. We can all agree that's a bad thing. But, thanks to Rod and Bruce's breakthrough discovery, we now know how to effectively treat cramps by controlling the nerves. That's a good thing! Soon, you'll be able to drink a small shot — a proprietary formulation of natural ingredients - that will prevent and treat muscle cramps like never before.

LEAVE MUSCLE CRAMPS IN THE PAST

It's easy. You want to maximize your athletic performance and we are coming out with a new beverage that will help you do just that. We will help you reach your potential, and not in an inspirational poster kind of way. What we're making is nothing short of game changing. You'll take it before any athletic endeavor to help neuromuscular performance and prevent cramps or treat muscle cramps when they strike. You will use it to transform yourself into an unstoppable force. Can you imagine a drink that will do all of this? We did. Then we made it. Soon, it will be ready. Are you?



THANKS, GROUNDBREAKING NEUROSCIENCE.

*Beverage is currently being prepared
for public release in 2016*

Get the story at itsthenerve.com

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BANANAS. MUSTARD.
PICKLE JUICE.
ELECTROLYTES.
SALT TABS. STRETCHING.
SLEEPING. WATER.

THINK

YOU KNOW
HOW TO PREVENT
MUSCLE CRAMPS?

THINK AGAIN.

There's been a

SCIENTIFIC

BREAKTHROUGH

by a NOBEL PRIZE
winning neuroscientist
and endurance athlete.

A **GENIUS SOLUTION**

FROM NATURE

that prevents
muscle cramps

BY TREATING

THE NERVE.

Athletic performance
WILL NEVER BE THE SAME.

Get the story at itssthenerve.com

— **COMING 2016** —

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**It will take a team
to end breast cancer.**

teamedith™

**We have all been personally touched
by breast cancer.**

Now, we're uniting to stop it.



TeamEdith is the national fundraising team supporting the Edith Sanford Breast Foundation, a forward-thinking initiative dedicated to ending breast cancer.

100% goes to research to advance personalized prevention, treatment and cures.



Kevin, New Jersey

Competed in his first triathlon for his wife, Tracy, now facing breast cancer for the second time.

"People say to me, 'Congratulations on competing in a triathlon, I could never do that,' but triathlons are easy compared to what my wife has endured."



Kim, Florida

An LPGA golfer who hits the green to help find cures.

"I'm proud to support TeamEdith and help accelerate research to protect future generations of women and families from this devastating disease."



Annie, North Dakota

Finished a half marathon in honor of her breast cancer patients.

"I am a physician assistant at a cancer center where I treat breast cancer patients almost daily. I ran in honor of the strong women I see."

For us, this fight is personal. Join us today at edithsanford.org and connect your passion with our mission. We're stronger together.



Cyrus, Tennessee

Runs marathons in honor of his girlfriend, a breast cancer survivor, and women everywhere.

"To beat breast cancer, to reach a fundraising goal or to finish the race, you have to go all the way. Nothing less than 100% will do."



Women Uniting Against Breast Cancer, South Dakota

United more than 100 women and men from the community to contribute and commit to progress.

"We're cheering, racing, wearing pink, learning, walking, running, swimming, biking, donating, encouraging, skipping and shouting at the top of our lungs: 'We will not rest until a cure is found!'"



LaTricia, Arizona

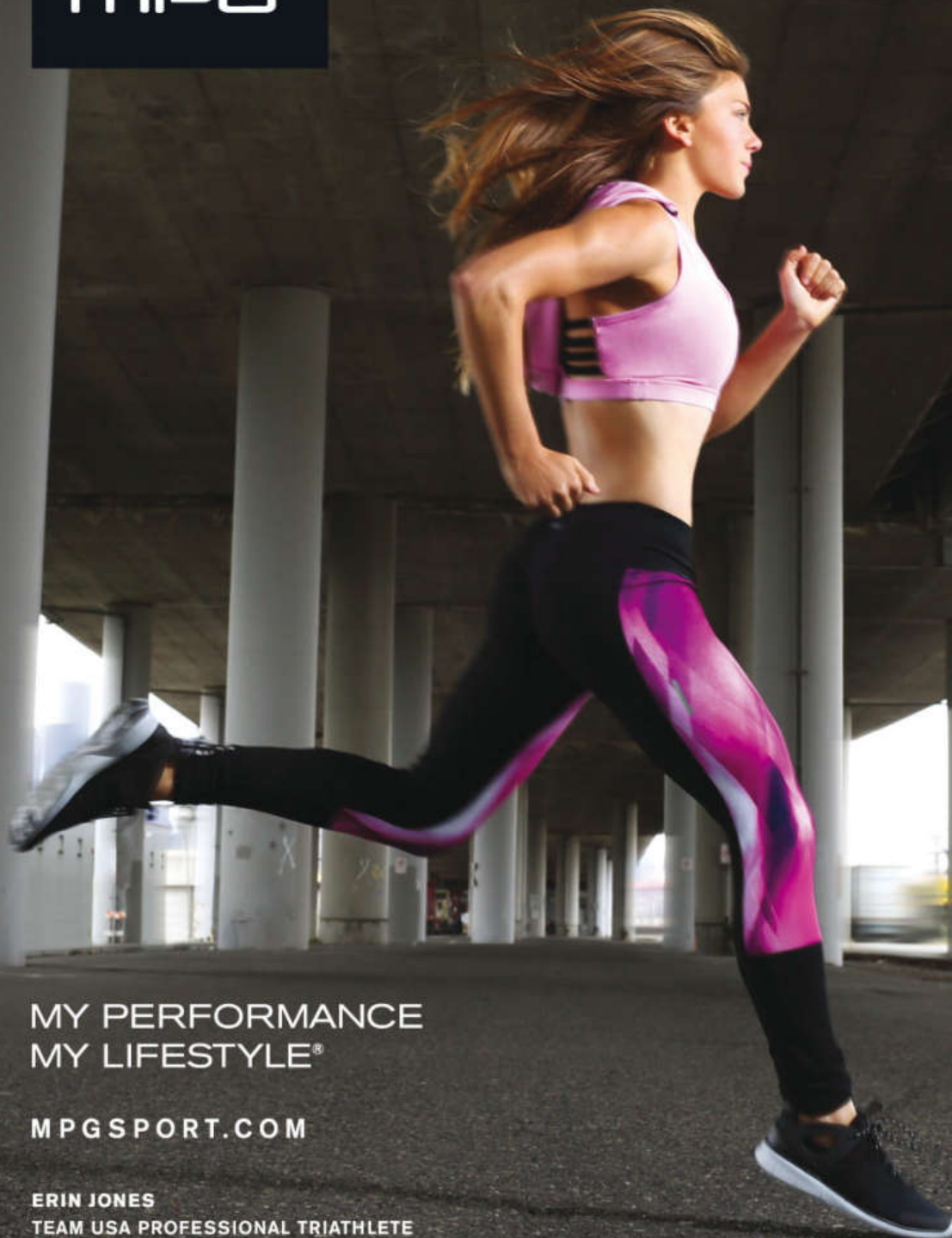
Raced a half marathon in memory of her close friend, Barbra, who was taken too soon.

"I lost a dear friend to breast cancer. Through TeamEdith, I can honor her memory, while also helping advance innovative research to help end this disease."

**Saudi
Olympian
Sarah Attar
made history
with two laps
on the track.**
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LET'S GO COMMITMENT



RAV4



Official Vehicle of the Rock 'n' Roll Marathon Series®



Let's
Go
Places

Options shown. ©2015 Toyota Motor Sales, U.S.A., Inc.

Power Play

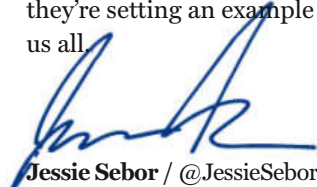
When it comes to participation, there are more women running in the United States today than men. The latest reports clock us at about 56 percent of the striding demographic. These metrics are important. Just a few decades ago, women were the minority. We were not even *allowed* to compete in the Olympic marathon until 1984.

Yet when we examine our sport's influencers—those driving the bus—it's still very much a boy's club. The *Women's Running* staff is largely female (although we don't discriminate!). But as the editor in chief of a running magazine, I can tell you that nine times out of 10, when I walk into a high-level meeting in the sports industry, I'm the only woman in the room. In my athletic life (through high school, college and various clubs and teams), I have never once had a female head coach. And the stats show I'm not alone. Of the Standard & Poor's 500 companies, 4.6 percent were lead by female CEOs in 2015. Only one of the head coaches for the top-25 women's NCAA track and field programs this year is female.

Why does this matter? Besides the obvious elements of fairness and equality, in the words of Karen Dennis, director of cross country and

track and field for The Ohio State University, "diversity is important." Leaders with different backgrounds ensure that prejudices cease to exist at the highest level, thereby preventing a trickle down of bias. A seat at the table allows the 56 percent of us to be represented when decisions are being made—regarding the races we run, the shoes we wear or how contracts for professional athletes are constructed. The presence of female leaders helps empower the next generation to make bold choices. The ability to see ourselves in our role models is crucial while dreaming big.

In this issue, you'll meet (or become better acquainted with) 15 women who are changing the game. From the aforementioned Dennis, to marathoners breaking world records (and any preconceived notions of how fast girls can run), to presidents of athletic brands who are changing how we think of women's clothing, to activists paving the way for women to run in developing nations, these runners are not just changing the world, they're setting an example for us all.


Jessie Sebor / @JessieSebor

 **Join in on the fun! Use #TeamWR on Twitter or Instagram to share questions, pics, tips and brags!**

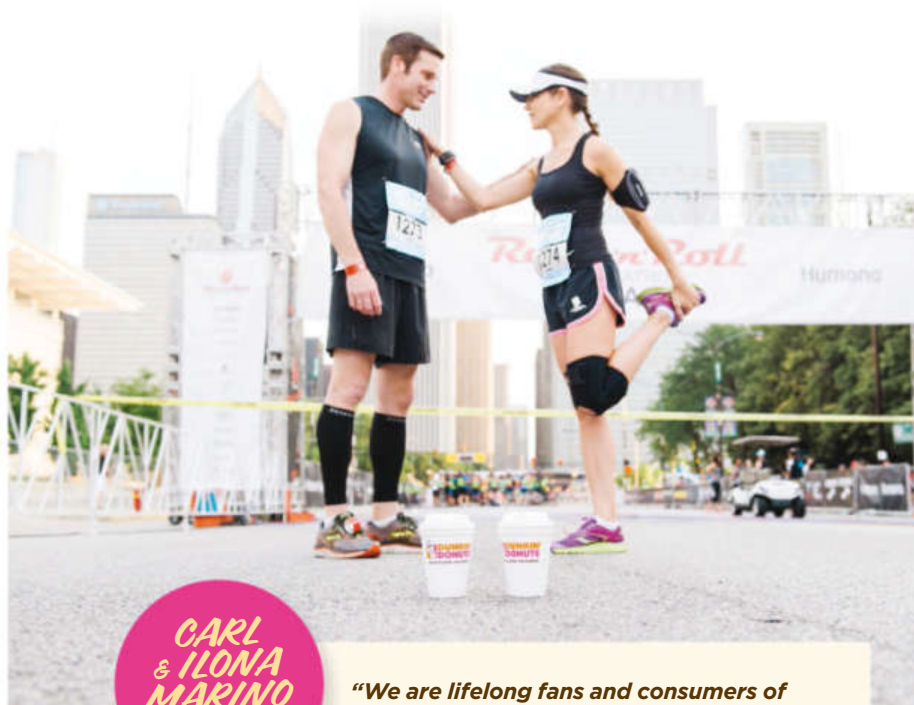


Think Pink

October is Breast Cancer Awareness Month. *Women's Running* is passionate about this cause both because it's incredibly important—approximately one out of eight women will develop this disease within their lifetime—and because it hits close to home. In 2013, Nicki Miller, our managing editor (also everyone's favorite smoothie maker, an exceptional writer and blossoming trail runner) was diagnosed with breast cancer. We're so thankful that she was able to detect the disease early and that her treatment was successful. She's now a survivor and a daily inspiration. Make a difference in fighting the disease this month by educating yourself on the proper steps for early detection (edithsanford.org is a great resource) and by donating to organizations fighting the disease. Check pages 26, 38 and 44 for fun gifts that give back!

Countdown to a GREAT RACE!

While most people are still sleeping, a whole community of runners, volunteers, and race staff are getting ready to Rock 'n' Roll...Marathon, that is! Everyone at a Rock 'n' Roll race has their own A.M. routine to make sure race day goes smoothly. Though no two wake-up calls are the same, one thing is for sure: Dunkin' Donuts coffee gets you running in the morning and keeps you running all day!



**CARL
& ILONA
MARINO**
Rock 'n' Roll Heavy
Medal Runners

"We are lifelong fans and consumers of Dunkin' coffee. The caffeine is a welcome wake-up on race morning!"

5:00 a.m. Up and at 'em!

5:04 a.m. Carl showers while Ilona makes a pre-race breakfast in the hotel room.

5:16 a.m. Grab race gear (including Carl's lucky silver dollar!) and leave the hotel. Make a quick stop at Dunkin' for "the usual" – two large coffees with Splenda and non-fat milk. Make plans to return post-race for a delicious frozen caramel Coolatta®.

5:30 a.m. Meet friends next to corral #1 for a quick pre-race selfie and good-luck hugs.

5:42 a.m. Get in line to take care of – *ahem* – business.

6:08 a.m. Do a quick shakeout jog and stretch before heading into starting corral.

6:29 a.m. Ilona gives Carl quick good luck kiss before the starting gun goes off. Pre-race jitters? What pre-race jitters?

6:30 a.m. It's GO time!



**KATE
BRIER**
Rock 'n' Roll
Race Crew

"Every race is a little different, but one thing is always the same: coffee."

3:15 a.m. Rise and shine!

3:43 a.m. Roll through Dunkin' Donuts for a Pumpkin Black on the way to the race site.

3:58 a.m. Arrive at race site and take a deep breath. This is the calm before the storm!

4:02 a.m. Confirm course signage is up and pointing runners in the correct direction.

4:27 a.m. Oversee setup of finish line celebration venue.

4:36 a.m. Additional race crew arrives with a Box O'Joe® from Dunkin' (yesssss!).

5:21 a.m. Ensure all the roads are closed and the race can start on time.

5:45 a.m. Cue announcers and music to pump up the crowd.

6:25 a.m. Send lead vehicles onto race course to alert the on-course entertainment the runners are on their way.

6:28 a.m. Head up to the announcer's platform just in time for the countdown to the race start – it's the best part of the morning!



RUNNERS RUN ON DUNKIN'.
Dunkin' gets you running in the morning and keeps you running all day!

Let's
see what
YOU CAN DO



Be amazed at where a year can take you with the all-new **Believe Training Journal** from pro runners Lauren Fleshman and Roisin McGettigan-Dumas. Push harder, find the sweet spot, and run to make life even better.

AVAILABLE in bookstores, running shops, and from velopress.com.

SEE SPECIAL OFFERS at pickybars.com and believeiam.com.



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Q

Who inspires you to get out the door everyday?



My husband, Jim, is my biggest inspiration. He's all about cycling all of the time, but whether I'm going for a ride or a run, he helps me keep the focus on enjoying it—even the suffering!



My boyfriend, Ryan. He's worked extremely hard to get where he's at in his life, and he plays a mean game of soccer after the longest of workdays. If he can do it all and still find time for his favorite pastime, I can definitely up my run game and celebrate a victory, every single day.



My grandfather Jim: He's always been a very busy businessman but never misses playing tennis twice a week and taking his daily 2-mile walks on the beach. If he can find the time, so can I.



My beautiful wife, Lauren, and our two wonderful children, Taylor and Riley, drive me to do my best and remind me of what's truly important in life—love, health and happiness.

SAVE YOUR ADRENALINE FOR THE RACE

VIP MARATHON PACKAGE

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From pre-race meals, to post-race ice bags and VIP area access, the Westin VIP Marathon Package helps you get to the start line stress free. We also offer late check-out so you can relax after your big day.

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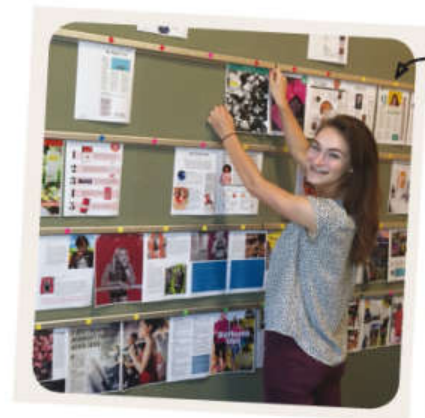
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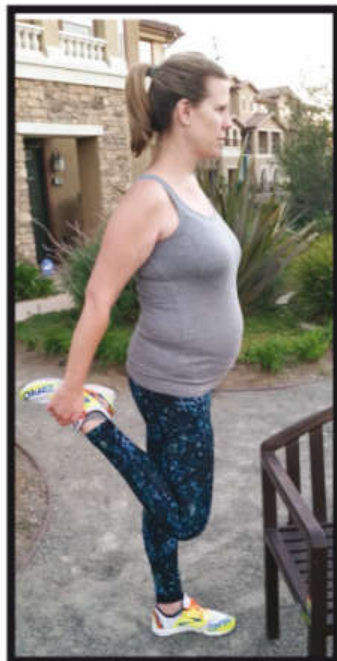
BEACH RUN

On a surprisingly overcast day on a San Diego beach, the *Women's Running* crew sipped coffee and set up a photo shoot with 2012 Olympian Sarah Attar. The poised 23-year-old was one of the first women to represent Saudi Arabia at the games, an opportunity that opened many other doors for the young runner, including her Oiselle sponsorship. For the cover, Attar sported the Flyte Short Sleeve (\$42), Lux Arm Warmers (\$42) and Jogging Knickers (\$68, all oiselle.com). Her infectious smile and impeccable form made for a breezy cover shoot—obviously this champion was a natural!



CLASS ACT

Special thanks to our summer intern Olivia Litsey from San Diego State University!



20 WEEKS

To test all kinds of bottoms for our Booty Awards (page 81), we found a lot of different women, including many who work with the Rock 'n' Roll Marathon Series. Traci Potter loved running for two in these Lululemon leggings.

MAJOR RUNNERS

Kaori Iwaoaka of ASICS (far right) and other ASICS Japan and Joglis representatives served as guides for writer Allison Pattillo (third from left) and fellow journalists on a pre-marathon shake-out run around Tokyo



WALK TO WORK

Editor Nicki Miller stretches her legs while finishing up this issue. The treadmill desk may be good for the office, but if you want to run, check out our treadmill reviews (page 32) and workouts (page 76).

ALL HEART ALL AT YOUR WRIST



Forerunner 225 with wrist-based heart rate.

Hate wrestling with a heart rate strap on the run? We get it — so we got rid of it. We even refined how this watch gauges your effort, so you don't have to decide if 176 beats per minute means you're cookin' or almost cooked. Create customized workouts or download free training plans at Garmin Connect, send to your watch and get coach-like guidance.

See it at Garmin.com/forerunner

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OTTAWA MARATHON

MARATHON // 1/2 MARATHON
10K // 5K // 2K // KIDS MARATHON



*Love every
moment!*



- 🍁 Canada's Biggest Marathon
- 🍁 Boston Qualifier
- 🍁 Beautiful, Fast and Fun!



MAY
28 - 29
2016

i♥
this
race.

Find your moment in 2016. Register Now!

runottawa.ca

TEAM WR

{COMMUNITY}

Grin and bear it.

Sure, you can whistle while you work—if you have very chill office mates. But it turns out the **real payoff comes from smiling while you sweat.** By switching that pain face to a pleasant grin, you may feel stronger. One study from the University of Cambridge found that people judged boxes they lifted as lighter if they had a happy outlook. Show us that smile!



BLOGGER ON THE RUN



RUN LIPSTICK CHEMO

By Jamie Holloway, Washington, DC
"Diagnosed with exercise-induced asthma as a toddler, I avoided running all through my school years like the plague, armed with my handy doctor's note excusing me from such exertion. But after having kids, I began to realize that running was one of the few workout options that easily fit into my family's schedule. I read a review of the book *Run Like a Mother* and devoured it as soon as my copy arrived, laughing and nodding my head as I poured over the pages. The book was a motivator for me. I'd set big, new running goals before I'd even finished. Running makes me feel strong and accomplished. As I power through something I'd never imagined it could do, it's as if I've conquered my own body."

Jamie's advice
for runners
going through
chemo...

"Everyone is different, but for many runners, there's no reason to abandon running once chemo starts. You probably won't go as far, as fast or as frequently as you had before. That's okay! Nothing made me feel like more of a hardcore runner than taking to the trails with a smile on my face and no hat covering my bald head!"



We heart runner blogs!

Check out our must-reads at womensrunning.com

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with any burning q's!



We love pink! Tweet
us a photo of you in
your favorite piece of
rosy gear!



@kittykat001
#pinkpower



@joannasbarlow
I always run in pink!



@matildevs
One of my favorite pink
pants to run in



@mcreedon
My fave pink running
top #Riotrunners



#PINNING

From our *Motivation & Inspiration* board...



WOMEN'S RUNNING

What's your favorite memory of
running for charity?

Stephanie

I ran my first half marathon for St. Jude's Children's Hospital this past December. I chose to run this race for St. Jude because it was my mom's favorite charity. When she was sick with lung cancer, she said that she felt so bad for children with cancer and that she wished she could donate money to help them. I ran the race in memory of her. She was my inspiration.

Nikki

Boston Marathon! #raceforrehab

Tina

We ran the LA Marathon, my partner and I, switching between blindfolded and guiding, to raise money and awareness for Blind Start International, which funds scholarships for blind athletes.

Patti

San Francisco Marathon with Team in Training. My father was battling lymphoma back in NY and passed away the morning of the race. I found out after I crossed the finish line that he had been my guardian angel for 26.2 miles. I run a marathon every October in his honor. He was not a runner, but he was my rock.



WHAT WE'RE
UP TO:

Art Director
Erin Douglas
(@izzypphoto) got her
beach body workout
on in Nashville earlier
this year—and met
Superwoman!



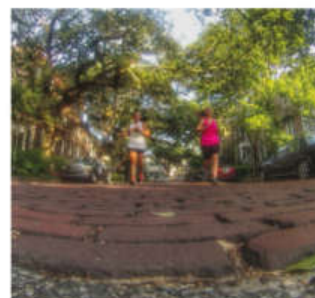
INSTA-RUNNERS



Props to @mojaldy for spending
THREE HOURS working out at
the track.



So jealous that @daniellepunzina
ran a 5K with Kevin Hart in
Brooklyn!



Go @cecilia_ontherun! Easy
5-miler with Savannah Striders
in the heat!



Thanks to all of our fans who
shared our August cover!

Want to show off your #TeamWR
spirit? Tag us in your Insta photos with
that hashy!

PacificHealth

we power your passion

ACCEL GEL.



GREAT FLAVORS: Strawberry Kiwi, Key Lime, Citrus Orange, Vanilla, Chocolate with 20mg of caffeine and Raspberry Cream with 40mg of caffeine



- All Natural
- Smooth, Thin Consistency
- 3 Carbohydrates and Protein Provide More Energy Faster

2nd SURGE.



GREAT FLAVORS: Pina Colada, Chocolate and Double Espresso all flavors contain 100mg of caffeine

#dontchoke



Altru(n)istic

RUNNERS LIKE TO WORK UP A SELFLESS SWEAT! HERE'S HOW...



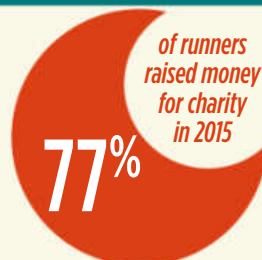
3:1
WR readers prefer running a charity race versus running on behalf of a charity. Why? They don't have to ask friends and family for donations!



100%
OF MONEY RAISED THROUGH TEAM EDITH EVENTS AND PARTNERSHIPS GOES TO RESEARCH AT THE EDITH SANFORD BREAST FOUNDATION.



THE LONDON MARATHON IS THE LARGEST ONE-DAY FUNDRAISING EVENT IN THE WORLD.



of runners raised money for charity in 2015

77%

most money ever raised by a single runner: Reverend Steve Chalke, 59, in the 2011 event

\$3.6+ MILLION



raised since its inception in 1981—that's more than 1 billion dollars!

716 MILLION POUNDS

TOP 5 RUNNING AND WALKING FUNDRAISERS*

AMERICAN CANCER SOCIETY RELAY FOR LIFE
Raised \$335,000,000 at 4,900 events—with a total of 3,000,000(!) participants

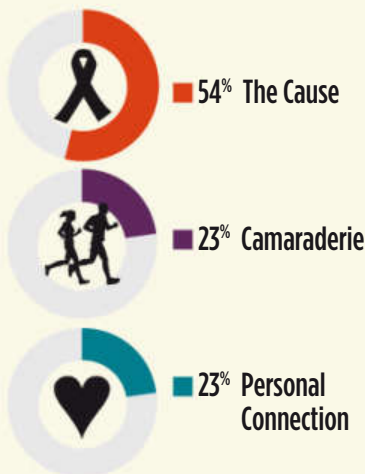
AMERICAN HEART ASSOCIATION HEART WALK
\$110,834,885 at 304 events

MARCH OF DIMES MARCH FOR BABIES
\$97,200,000 at 646 events

SUSAN G. KOMEN RACE FOR THE CURE SERIES
\$95,285,577 at 150 events

JUVENILE DIABETES RESEARCH FOUNDATION JDRF ONE WALK
\$68,277,066 at 240 events

Top three reasons to run for a charity according to WR readers:



2,585

The number of bibs distributed by the Boston Marathon in 2015 to those running and raising money for official charities.

WR readers voted **26.2 with Donna** their single favorite charity race. The marathon, founded by three-time breast cancer survivor Donna Deegan in Jacksonville, Fla., has contributed more than \$3.5 million toward breast cancer since its inception in 2008.

*2014 data from Peer-to-Peer Professional Forum

 MIAMI MARATHON
AND HALF MARATHON

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LIFE TIME
THE HEALTHY WAY OF LIFE COMPANY

Goodie-Do Shoes

Our Marathon Maniac discovered the many benefits of running with a charity bib.

BY DANIELLE CEMPROLA

IF YOU'RE READING THIS, YOU'RE MOST LIKELY A RUNNER.

And if you're a runner, you probably know other runners, which means you probably know someone who is training to race on behalf of a charity. You know this because your social media feeds are dotted with links to donation websites, your mailbox receives mass-mailed notes imploring you to give and you occasionally receive that not-so-subtle text from your friend asking if you've had a chance to donate yet. There was a time when I was a bit annoyed by those do-gooders; then I became one.

I wish I could say that my motivation to run for the Leukemia and Lymphoma Society as part of Team in Training was purely altruistic, but that would be a lie. Blood cancers had not touched my life personally. Other forms of cancer had, and I liked that the program would make a difference. But the true impetus was this: I'd get a free training plan, meet a whole bunch of new friends and take an awesome trip to run a distance race. Sign me up!

"Just raise \$5,000. It's easy!" they promised. "It will be fun!" they said. Well, I can tell you right now there is nothing easy about raising \$5,000, although training for a race with a charity *is* fun. The team's three-times-a-week training runs lasted from the frigid mornings of winter to the hot early summer afternoons, and complete strangers turned into family. Although I felt awkward for promoting my fundraising at first, it wasn't long before the donations began to pour in, and I realized how many people blood cancer has affected.

Many of us race for charity to meet people, try something new or get a bib for a coveted marathon. It can be easy to forget that in doing so, we're gaining so much more than a race entry. We tend to separate ourselves from problems, diseases and hardships that don't impact us personally—who needs more stress, right? After all, it can be challenging to relate to something you've never experienced.

While I knew that blood cancers were an important cause and I learned a lot about leukemia and lymphoma during my training, it didn't really hit me until I met patients and started receiving messages from people I had lost touch with years ago. High school friends I had not seen in more than a decade contacted me to thank me for raising money because their grandmother or cousin or aunt had died from blood cancer. I heard from people who were actively fighting the disease, those who were in remission and surviving friends and family members.

Suddenly my mission took on a whole new meaning. While I may not have started my training fueled by benevolent passion, it's definitely what helped me cross the finish line. As we say at TNT, "You think running a marathon is hard? Try chemotherapy!" Ahh, perspective. 



A FEW MORE REASONS TO RUN FOR CHARITY



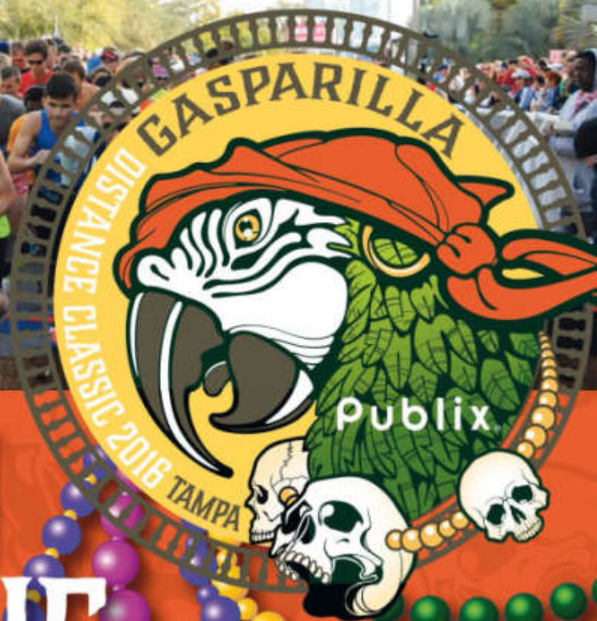
DANIELLE AND HER MOM

- 1 You'll get extra cheers on race day thanks to your team singlet.
- 2 Team coaches often supply water and Gatorade during long runs for those of us (ahem) too lazy to carry our own.
- 3 You'll learn a lot of new things about a cause and be able to educate others on why it is important.
- 4 You'll make the world a better place to live—and run!

Danielle Cempcola lives in South Carolina with her husband and Rottweiler. When she's not running, Danielle blogs at trexrunner.com.



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Publix



My Biggest Fan

BY EMILY POLACHEK

Growing up, Colleen Wilber had a difficult relationship with her father, Jared. A small business owner who worked long hours and struggled with alcoholism, Jared often missed his daughter's competitive cheerleading competitions and sports games when she was in school.

Now a 37-year-old vice president at a public relations firm in Washington, D.C., Colleen has been able to repair and strengthen the bond with her 67-year-old father through a shared interest in running.

"My relationship with my dad has gotten better over the last 15 years (how long he's been sober) but it wasn't until I started getting into endurance sports



COLLEEN AND HER FATHER AT HER FIRST SPRINT TRIATHLON THIS PAST AUGUST.

that our connection really deepened," she says.

Colleen picked up running in 2011 when she signed up for her first half marathon, which eventually led to five more halves, three marathons and her first Ironman on Sept. 27 in Augusta, Ga.

Jared's health issues—having had an aggressive form of bladder cancer and suffering from severe asthma—prevent him

from running long distances with his daughter, but just being present at her races and encouraging her has been enough to make up for the times he couldn't be there for Colleen during her childhood.

Colleen says, "I still remember the out-of-the-blue voicemail my dad left on my phone several days after my first marathon just to tell me how proud he was of me." 

WHO'S YOUR BIGGEST FAN?

Email your submission to editorial@womensrunning.com! Featured entries win some sweet *WR* swag and a free subscription (or renewal) for you and your fan!

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4

MOTIVATION IN MOTION

"Run often. Run long.
But never outrun your
joy of running."

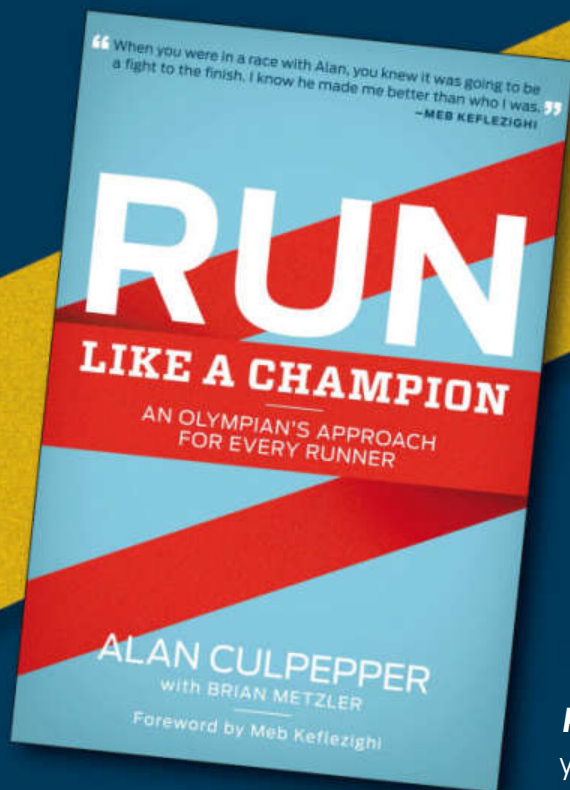
—Julie Isphording, retired American
long-distance runner



SIGN OF THE MONTH
from @KellyKRoberts on Instagram

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MILES



MUSIC



MEDALS



MOMENTS

2015 WORLD TOUR

OCT 10 BROOKLYN, NY
OCT 17-18 ST. LOUIS, MO
OCT 18 DENVER, CO
OCT 18 LISBON, PORTUGAL
OCT 24-25 VANCOUVER, CANADA
OCT 25 LOS ANGELES, CA
OCT 31 MÉRIDA, MEXICO
OCT 31 PHILADELPHIA, PA
NOV 7-8 SAVANNAH, GA
NOV 12-15 LAS VEGAS, NV

DEC 5-6 SAN ANTONIO, TX

2016 WORLD TOUR

JAN 16-17 ARIZONA
FEB 28 NEW ORLEANS, LA
MAR 12 WASHINGTON DC
MAR 19-20 DALLAS, TX
MAR 20 MEXICO CITY, MEXICO
APR 2-3 CARLSBAD, CA
APR 3 SAN FRANCISCO, CA
APR 9-10 RALEIGH, NC
APR 24 MADRID, SPAIN

APR 30 NASHVILLE, TN
MAY 28-29 LIVERPOOL, ENGLAND
JUN 3-5 SAN DIEGO, CA
JUN 18 SEATTLE, WA
JUL 15-17 CHICAGO, IL
TBD PORTLAND, OR
TBD DUBLIN, IRELAND
SEP 3-4 VIRGINIA BEACH, VA
SEP 25 MONTRÉAL, CANADA
OCT 1-2 SAN JOSE, CA

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ENDURANCE

GU

LACE UP

{TRAINING}

Ice Queen

If an Indian summer is killing your autumn running vibes, reach for the cold stuff. Research from the University of Birmingham found that **when runners' skin was cooled (with ice packs or submersion in cold water), they were able to run faster** in hot weather—shaving as much as 31 seconds off a 5K! When temperatures creep north, try this trick: Rub an ice cube on your wrist and neck before you run and watch your splits go south.

LACE UP {WE'RE OBSESSED}

We don't hesitate to wear pink when it's in support of breast cancer research!

1. I love how my shoulders and back look with the crisscross styling of the **Soybu Alecia Tank** (\$46, soybu.com). It's super supportive, with a built-in bra and stretchable, ruched fabric that's flattering on any body type. The breathable fabric also allows me to quickly run to the store right after a long workout. And sales support Edith Sanford Breast Foundation.

—Erin Douglas, *art director*

2. With "support" right where your sports bra sits, the **Under Armour Power in Pink Support Tank** (\$30, underarmour.com) shows solidarity for our sister runners with a bit of cheeky fun. Through the UA Power in Pink Program, the brand has put its money where its message is by committing to donate a minimum of \$500,000 to charities fighting breast cancer.

—Jessie Sebor, *editor in chief*

3. T-shirts are my jam on the weekends, especially when they have a great message, like **AnaOno Intimates Rock What You Got** (\$25, anaono.com). The company designs apparel for women who have suffered from breast cancer, giving part of the proceeds back to the cause. It's a disease that's affected those close to me, and I want them all to know they should ALWAYS rock, flaunt and be proud of what they've got!

—Caitlyn Pilkington, *web editor*

1

2

4

3

5

4. The **Susan G. Komen Patterned Running Ribbon V-Neck Komen T-Shirt** (\$25, shopkomen.com) is perfect for runners like me who've had breast cancer or who have family and friends fighting the disease. The fit is designed to look good at any size, and the all-cotton fabric is soft and comfy—and this purchase supports Susan G. Komen.

—Nicki Miller, *managing editor*

5. Soft enough to wear for lounging, yet made of a tri-poly blend to wick away sweat as you run, **ASICS Accelerate Hope Collection Pink Ribbon Tee** (\$28, asicsamerica.com) adds a dash of flower power to fall wardrobes. A portion of proceeds benefits Right Action for Women, actress and breast cancer survivor Christina Applegate's initiative to provide support for those who are at increased risk for the disease. —Allison Pattillo, *contributing gear editor*



{CALENDAR} LACE UP

OCTOBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Celiac Awareness Month

With the increase in gluten-free fad diets, it's important to remember that those with celiac disease eschew gluten because their health depends upon it. You can help by becoming gluten aware, understanding the real dangers of cross-contamination and being patient when friends ask the server 20 questions. We'll toast you with a (gluten-free) beer!

3-4

Get ready for two days and three race distances (Sprint, Beast and Ultra Beast) of mud, guts and glory at the **2015 Reebok Spartan Race World Championship** in Squaw Valley, Calif.



1

Studies show that warming up with high-intensity tunes can improve your workout. In honor of **International Music Day**, pump up your run with the monthly playlist at womensrunning.com.

2

California's Redwood National Forest was established on this day in 1968. You can celebrate (and see the trees!) by registering to run the Avenue of the Giants Marathon, Half Marathon and 10K on May 1, 2016.



10

Run through the streets of one of the coolest cities on the planet at the **Rock 'n' Roll Brooklyn Half Marathon**. The inaugural event promises gorgeous views of Prospect Park and an after-party featuring the lead singer of Fun.



Toast 18 ounces of mixed nuts in a 350-degree oven for 10 minutes. Remove and toss with 2 Tbsp. coarsely chopped fresh rosemary, ½ tsp. cayenne pepper, 2 tsp. dark brown sugar, 2 tsp. Maldon or other salt and 1 Tbsp. melted unsalted butter. Enjoy warm.

16

Keep your girls healthy! **National Mammography Day** is the perfect day to schedule your annual mammogram. Remind a friend to do the same.

19

Evaluate Your Life Day: While the idea may sound heavy, a run is the perfect time to think. Turn off the tunes and tune into you. If you are lucky enough to be on a run, then you are doing well.

22

It's National Nut Day! Full of healthy fats and good energy, nuts make an easy snack when you're on the go. For a tasty treat, make **Nigella Lawson's bar nuts**.



25



28

Happy Birthday, Caitlyn Jenner! The 66-year-old won gold in the decathlon at the 1976 Olympic Games competing as Bruce Jenner.



31

Whether you want to run fast, rock a costume or do both, the **Rock 'n' Roll Philadelphia Half Marathon**—the fastest half-marathon course in America and where Deena Kastor set a new world masters half-marathon record in 2014—is for you. We've heard the race bling will be ghoulishly festive!



Costume Party

Get in the Halloween spirit year-round at events that encourage creative race apparel.

AS TOLD TO KARA DESCHENES

DRESS-UP DUTY

Get in character to go the distance at the **Marine Corps Marathon**. Typically held near Halloween, this event always includes a plethora of costumed runners. Run to the finish in Arlington Cemetery and you will be awarded a medal by a uniformed Marine. One of the most exhilarating race experiences I've ever had, this is one run for every runner's bucket list!

When: 10/25/15

Where: Washington, DC
marinemarathon.com

Carry a camera.

I use my phone to snap pictures while running on the course. I love stopping for selfies—especially if I see someone dressed like me or matching my character!

Do a test run.

Make sure to run in your costume beforehand. As with any new gear, you don't want your first time running in the getup to be race day. It's not fun discovering an awkward seam or itchy thread at mile 2.



Keep it simple.

Your costume doesn't have to be Hollywood-grade. One of my first running costumes was a white running skirt, top and brown ear warmers for the perfect Princess Leia.

Know when to ditch it.

Be ready and willing to remove any part of your costume. If it hurts or ends up posing a hazard (think: tripping mid-race), ditch it! Drop errant gear on the side of the course (hopefully in or near a water stop to avoid littering).

EXPERT

JANINE K. SPENDLOVE

An avid runner, Spendlove always liked to play dress up. So when a close friend, who loved flamingos, was diagnosed with ALS in 2010, she decided to run a half marathon in her honor dressed as the lanky pink bird.

After falling in love with running under guise, Spendlove has run more than 50 races in costume—scoring PRs and podium spots along the way. A KC-130 pilot in the United States Marine Corps, she shares her favorite experiences and top tips here.

CHARACTER PARADE



Disney Races, particularly the Princess, Star Wars and Avengers half marathons, funnel runners (many of whom dress up like characters) through different theme parks on one-of-a-kind courses. Check out registration dates early, as the events tend to sell out fast.

When: Multiple dates
Where: Florida and California
rundisney.com

VIRTUAL REALITY

Perfect for someone like me who is deployed and can't get to a live race—the virtual **Nerd Herd Racing Series** allows runners to choose their own course. Each race is themed (think: Star Wars, Doctor Who and Harry Potter), encouraging participants to dress the part. Don't forget to snap a pic of your costume in order to qualify for awards.

When: Multiple dates
Where: Anywhere!
thenerdherd.info



FEARFUL FASHION

Jump-start your heart at the **Wicked 10K** in Virginia Beach, where on-course zombies will chase you to the line. With no time limit, this race welcomes speedsters and walkers alike. Everyone earns sweet bling, but those with the best garb are eligible for special prizes.

When: 10/31/15

Where: Virginia Beach, VA
wicked10K.com



Go with what you know.

When it comes to gear, costumed running isn't much different from regular racing. If you normally need Body Glide, you'll need it for costumed running. Typically take a Gu or sunglasses on a run? You'll need them on a costumed run too.



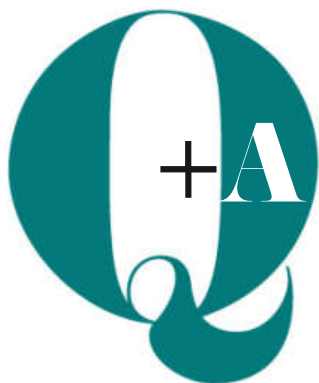
It's all about that base.

It's important to wear something underneath your costume. With appropriate base layers, pretty much any clothing can turn you into a character!



NCAA runner turned high school coach Hillary Kigar has an answer for all things training!

{ASK THE COACH} LACE UP



If you get sick a few days before a big race, is it best to run or sit it out?

When you have been training at a high level and working hard for many weeks, your body is vulnerable. And because you have been pushing yourself to the limit, you're more likely to get sick. What I'm saying is this happens—but it still stinks!

If you catch a bug on race week, let your body (and the distance) be your guide. For shorter races (5K and 10K), if you're feeling on the mend, go for it—understanding of course, that you may not have the race you want. For anything that's a half marathon or farther, however, it's best to bow out. Wait until you're 100 percent so you don't delay your healing and have a miserable day. Be patient, get healthy and prepare for the next one!

What's the best way to ease my body into running twice a day?

If you are increasing your weekly mileage, take a measured approach. I would spend a few weeks biking or cross-training as your second session of the day. Your body will get into the habit



of performing two aerobic workouts, but you won't be stressing your running muscles twice.

Then, start by completing double runs only one day per week for several weeks before you increase to two double days per week. In most cases you won't want (or need) to do more than that. Keep in mind that training runs should be a minimum of 20 minutes in order to improve your aerobic system. So unless you are just looking to shake some of the tightness out of your legs, focus on quality rather than quantity.

My husband and I are training to run a 10K and then a half. The 10K has one long hill in the middle and the half is described as having "rolling hills." Do you have any suggestions on how to modify our training, so we can prepare to do our best?

The best way to prepare for any race is to simulate the conditions in training. In preparation for your 10K, look up the elevation map on the race's website, then find a hill that's similar in incline and distance in your area. Several times before the race, end a regular run at this hill and run up two or three times at a steady pace.

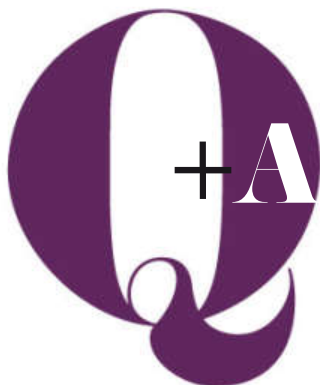
As you get ready for your half marathon, make sure your training runs are on streets or trails that have plenty of inclines, similar to what you will experience during the race. Rule of thumb: When you're on a run and you see a hill, conquer it rather than taking a detour. The more you practice, the more confident you will be on race day! 

Have a question for Coach Kigar? Email editorial@womensrunning.com or tweet @womensrunning with the hashtag #AsktheCoach.



WEAK IN THE KNEES?

Don't underestimate the impact of stress on your body. If you recently moved, started a new job or had an emotionally taxing event take place, your performance will be impacted! Training is not only dependent on the workouts you do or weights you lift—but by your overall state of being. This includes mental and emotional health. If you have experienced big changes, you might not have quite the pep in your step you normally do. That's okay. Don't be too hard on yourself. Continue to get miles in when you can while waiting for your life to calm down. Deep breath—it will all even out in the long run!



My friend asked to crash at my hotel room before a big race—but then never offered to pay a portion of the room fee. What should I say?

As I'm sure you've realized, it would have been better to bring up splitting the room charge beforehand. But it's still okay to ask her to pitch in now. (Best to have this conversation in person or on the phone.) Hopefully, she'll recognize her responsibility and offer to pay her share. If she says "no way," or she thought it was a freebie, then don't press it and chalk it up as a lesson learned. After all, you were prepared to pay for the room solo. Unfortunately, the fallout for your friend is that you may not be so willing to do her a favor next time she asks (or assumes).

Is it cool to wear a finisher's shirt for a race I didn't run?

I don't know if I'd call it "cool." The real question is do you look good in it? Just kidding. I think it's okay.



Maybe it will inspire you to run the race next year! I've known plenty of couples that share these kinds of T-shirts for simple errands, and I don't think anyone really takes notice of what the shirt represents. I'm sure it's fine for you to wear it—just remember not to take credit if anyone asks about the race.

I just heard someone in my run club has breast cancer. Should I say something to her or is it better not to bring it up?

In most cases, it's best to wait a bit for her to let you know, and then you can express your concern or sympathy. If she still hasn't mentioned it to you personally, but it's fairly common knowledge in your group, it's okay to say

something. "Kara, I heard about your diagnosis. I am so sorry." It can also help to check in with the person you heard it from, and ask if your friend has asked for privacy or if she seems okay talking about it.

My nose runs as much as I do. Do I have to carry a tissue or is it okay to use my sleeve or should I air blow?

Runners now have great options for taking care of a drippy nose while out on a run. There are wristlets that let you carry a few tissues for easy access, and most running gear (tops and bottoms) comes with some form of a stash pocket. Just remember to hang on to your garbage until you return home or run

by a trashcan. Littering is the only "don't" here.

Snot rockets can occasionally do the trick, but unless you're extra talented, I find they have the potential to create more mess than relief. If you do go this route, make sure no one is in your line of fire of course. If you can't manage tissues or a well-executed snot rocket, your shirt is a better option than having it on your face. It's a bit gross, but what can you do? 

Have a question for Lizzie?

Email editorial@womensrunning.com or tweet [@womensrunning](https://twitter.com/womensrunning) with the hashtag [#ProperForm](https://twitter.com/ProperForm).

Free Love

*That chest strap is measuring something—your little beating runner heart!
Keep your pumper warm with pay-it-forward ideas that don't cost a dime.*

BY JESSIE SEBOR



#1 GIVE TIME

Time and effort often mean more than dollars ever could. Plus, you get the bonus of a feel-good boost from witnessing the fruits of your labors. Give the gift of confidence to a young girl by becoming a coach or buddy for **Girls on the Run** (girlsontherun.org). Animal lovers can contact their local shelter to offer to take dogs for a bit of exercise. Or help people experiencing homelessness make a positive change by attending group runs with **Back on My Feet** (backonmyfeet.org).

#2 DONATE STUFF

According to the National Sporting Goods Association, 46.25 million running shoes were sold in the U.S. in 2014—how many of them do you think ended up in the trash? Decrease your carbon footprint (wink) and do something positive with your old kicks. Nonprofits like **Soles4Souls** (soles4souls.org) and **One World Running** (oneworldrunning.com) match your gently

used pair with feet that need them. Check websites for drop-off locations. If your shoes are more worn out, try **Nike's Reuse-a-Shoe** program, which transforms any brand into tracks, playgrounds and basketball courts. Simply bring them to a retail store or mail them to: **Nike Grind Processing**, 3552 Avenue of Commerce, Memphis, TN 38125.

Make your race medal mean more than a sweaty memory by donating it to **Medals4Mettle** (medals4mettle.org). This charity sends your hardware to patients (mostly children) who are fighting for their lives to send a message of strength and solidarity.

#3 OPEN YOUR HOME

Elite runners are not exactly paid like NFL running backs. The average professional runner makes about \$15,000 a year while chasing her dreams. This modest income means traveling for a major race can break the bank. If there is a local marathon or track meet near you and you have a spare room, contact the

race director to offer a bed for an athlete. You'll be supporting our sport—and you might make a new friend.

#4 DELIVER ENCOURAGEMENT

Sometimes the best way to pay it forward is with a high five. Text your running buddy right now and tell her how fun it was to work out with her this morning. Set a reminder to send your co-worker a good-luck email the Friday before his big race. Little acts of kindness mean a lot—and help spread the joy of running.

If you want an in-person boost, head to a race near your home. You get extra life points for volunteering—events need everything from water-stop support to bib handouts. But you'll still be doing something good if you simply cheer. I bet you can think of one time in a race when a spectator helped you through a tough moment—why not be that girl? 

'Mill Joy

We tested a slew of treadmills to narrow down a short list of the best devices on the market.

BY MICHELE GONZALEZ

ENTER TO WIN!

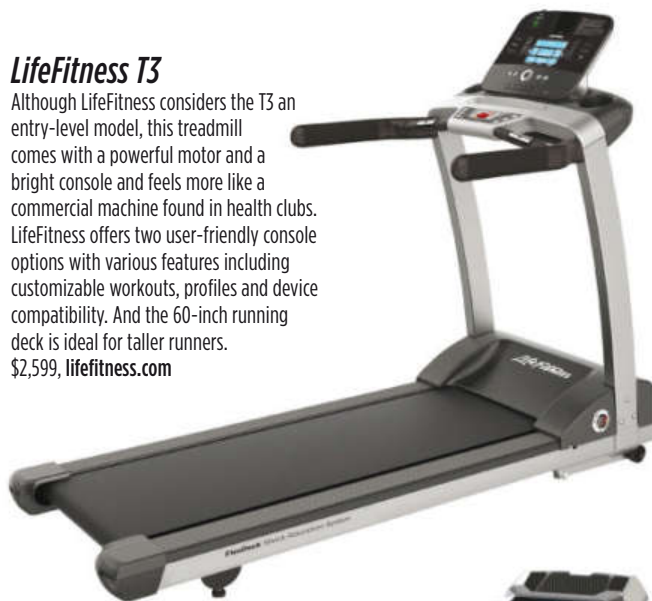
Follow *WR* on social media in October to see how you can win one of these treadmills!

Deciding to purchase a home treadmill is a big (and expensive!) step. The great news is that more treadmills are coming standard with features that used to be found only on the high-end models: Bluetooth technology, brighter screens, interactive workouts, energy efficiency and more. Additionally, many brands are making the treadmills more customizable—allowing you to choose options such as suspension, consoles, even color. Variety is great—but the sheer level of choices can be overwhelming. Luckily, we did some smart-shopper research for you. Here are our favorite treadmills of the many we tested. With varying price points, sizes and feels, you're sure to find the 'mill that is right for you.



Precor TRM 223

This treadmill comes standard with a large, 3-horsepower motor, bright screen and speakers, which connect through a headphone jack. The console is large enough to hold your gear and has a reading rack that you can use to lock an entertainment device into place. The treadmill runs smoothly as the speed and incline increase (0 to 12 mph and 0 to 15 percent). \$2,999, precor.com



LifeFitness T3

Although LifeFitness considers the T3 an entry-level model, this treadmill comes with a powerful motor and a bright console and feels more like a commercial machine found in health clubs. LifeFitness offers two user-friendly console options with various features including customizable workouts, profiles and device compatibility. And the 60-inch running deck is ideal for taller runners. \$2,599, lifefitness.com

LifeSpan TR3000e

This sturdy, 2.75-horsepower treadmill electronically folds with the touch of a button and can easily be rolled to a storage location, so it makes a great option if you are looking to minimize the footprint in your home. Although the console looks a bit dated, it is easy to navigate and comes with a step counter and cooling fan. The only drawback is the belt is tighter than others on the market (56 inches), so it's best for short striders. \$1,999, lifespanfitness.com



Nautilus T616

For \$1,000, the T616 offers a lot of great features. It comes standard with a large running belt (60 by 20 inches) and has a maximum speed of 12 mph and max incline of 15 percent. It also has a USB charging station and an adjustable fan. The motor is noisier than other treadmills we tested, but you may not care since the speakers it comes with drown out the sound. \$1,000, nautilus.com

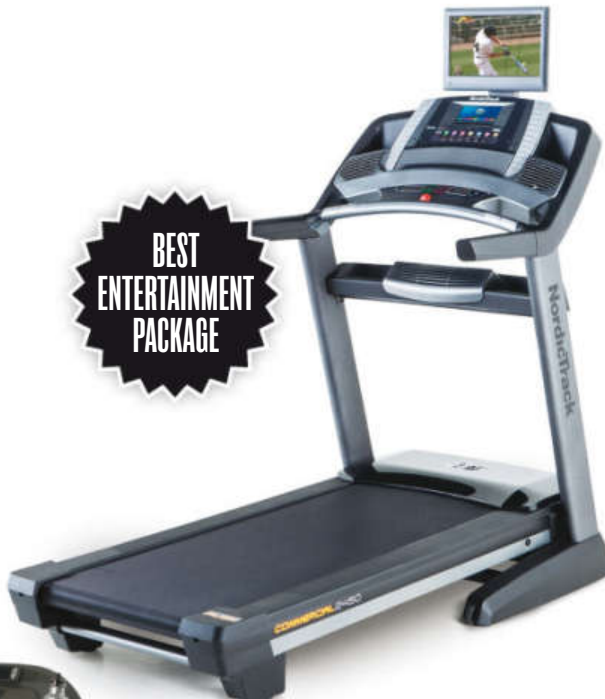


BEST BUDGET-FRIENDLY

NordicTrack Commercial 2450

This model is loaded with features to make your treadmill experience more fun. It is one of the few machines on the market that comes with an integrated high-definition television and a Web-enabled color touchscreen. The treadmill has a powerful 4-horsepower motor, a long, wide belt (good thing if you're zoning out watching "Bloodlines"!) and a 0 to 3 percent decline. The 2450 requires a good amount of floor space, but it can be folded up for storage. \$3,299, nordictrack.com

**BEST
ENTERTAINMENT
PACKAGE**



**BEST
ALL-AROUND**



Landice L7

With an incredibly smooth ride and a whisper-quiet 4-horsepower motor, this treadmill is ideal if you like to run during nap time or early morning hours. It comes with an aluminum, rust-free frame, accessory rack, device connectivity, cooling fan and high-powered stereo speakers. There are a number of features that are customizable, including the absorption (the "orthopedic suspension system" is seven times softer than running on grass) and the display panel (of the four options, we love the cardio version). The American-made L7 comes with Landice's industry-leading lifetime warranty on all parts (with one year on labor) and a maintenance-free deck. \$4,395, landice.com

BH S5Ti

This treadmill offers the sturdiness and durability of a commercial treadmill with the ease and flexibility of a folder. A 3.5-horsepower motor, cooling fan and Bluetooth-enabled iConcept display all come standard. The running deck is two inches wider than most others on the market and the handlebars are offset from the belt, which gives a nice, roomy feel. However, if you are a runner with a long stride, you may want to consider one of the higher-end models within the BH brand (for example, the S7Ti), since the running belt on the S5Ti is only 57 inches long. \$2,499, bhfitnessusa.com

**BEST
FOLD-UP**



TIPS FOR FINDING YOUR TREADMILL MATCH

SET A BUDGET. The treadmills reviewed here range from \$999 to \$4,395, but there are treadmills that cost more than \$10,000. Don't get sucked in to overpaying by going into the purchasing process without a limit in mind.

DETERMINE YOUR CONSTRAINTS. Measure the space where your treadmill will fit, decide if you will need a folding version and figure out your musts to help narrow down your options.

KNOW WHAT TO LOOK FOR. There are several features that every treadmill will have: a motor, belt dimensions, incline/decline, max speed, cushioning, potential storage mode and a warranty. Deciding the features that are most important to you will help point you in the right direction.

HEAD TO YOUR LOCAL FITNESS OR EQUIPMENT SUPERSTORE.

Reviews are a great resource, but the best way for you to get a feel for a treadmill is to take it for a test drive. Equipment stores, such as Leisure Fitness in Green Brook, N.J. (where many of these treadmills were tested), will have multiple brands and models in stock and plugged in for your use.

BE PATIENT. Once you find a treadmill that meets all of your requirements, search around for the best price—it could be from a local store, an online retailer or directly from the brand. Also, brands will offer deep discounts before newer models are released, so if you have some time, you could end up saving!

Your Runner's High, Explained

It's no myth. Running actually can improve your mood, mind and spirit.

BY MARISA WALKER

ILLUSTRATION BY MICHELLE THOMPSON



Everyone knows running is beneficial for your physical health—but only runners understand on a deeply personal level how nourishing it is for the soul. In fact, my good friend Jason calls running “nature’s Prozac.”

For me, after a second failed IVF procedure, my body and spirit were battered and broken. I anguished privately, not wanting to weigh down my friends and family with my grief. I tried to be strong, but between the vacillating hormones, feelings of

isolation and receiving yet another friend’s baby shower invitation, I had reached a new low.

Running during fertility treatments is uncomfortable (and at certain points, prohibited), but after those treatments—especially the unsuccessful ones—it was an indispensable source of healing. Solitary hours allowed me the time to grieve, to think, to cry (behind my sunglasses). The miles left me with a feeling of catharsis.

So many of us feel the emotional benefits of

running—and science shows this isn’t all in our heads. Andrew Wolf, the resident exercise physiologist at Miraval Resort & Spa in Tucson, Ariz., explains three main reasons why and how a run can be so healing.



EVOLUTION

The scientific concept known as “metabolic brain” explains the link

between a strong body and a sharp mind. “Simply stated, our ancestors did not exercise in the quest for the perfect bikini body but because they had to in order to survive,” says Wolf. “For millennia our ancient ancestors moved quite a bit, but they did so looking for food, shelter, medicine and safety, so exercise was coupled with higher cognitive function.”

As humans evolved, our bodies continued to connect increased metabolic activity (exercise) and higher brain function, thus making the

two inextricably linked. “So in 2015, when I go for a bike ride, it has nothing to do with securing food or shelter, but my DNA does not know that,” Wolf explains. “Therefore, my body slips into a mode in which brain function is being put to the forefront, so I can be as sharp as a tack. This is why my best ideas and my best problem solving always occur on two-hour bike rides.”

CHEMICAL NATURE

The feel-good vibe you get from a run relies on a group of chemicals called neurotrophins, specifically brain-derived neurotrophic factor (BDNF), which is produced during aerobic exercise. “The interesting thing about BDNF is that the magnitude of the effect is contingent upon the intensity of the workout. This makes running an absolute, natural fit,” Wolf says.

“What typifies running is the fact that both feet come off the ground during each stride. This increases energy expenditure tremendously and acts as a perfect mechanism for making more and more

BDNF.” There is emerging evidence linking increases in BDNF with increases in cognitive abilities, as well as reductions in anxiety and depression. “This may be the mechanism behind the healing powers of a good run,” says Wolf.



EGO BOOST

In terms of how running can affect feelings of confidence, Wolf refers to a concept called self-efficacy, which means your belief in how able you are to handle challenges—social, personal or physical. He says, “We are generally brought up being told that we can do anything as long as we work hard enough, but that is not entirely true.”

Wolf explains that no matter how hard he trains, he will never be able to outrun Usain Bolt. However, he says, “The magic of running is that you can compete against your own personal best and try to go a bit better without comparing yourself to others. This little dose of improvement has a tendency to improve self-efficacy and therefore help with your image of yourself and what you believe your capacities truly are.” 



HEALING POWER OF THE RUN

It's not just about feeling good! Running can help you survive and thrive in the face of physical and emotional setbacks. These two women will inspire you to keep putting one foot in front of the other.



>>Running gave me the strength to escape an abusive relationship.

I began running after my third child was born. I was in an abusive marriage for 12 years—the abuse was physical in the beginning and “got better” to where things were only verbal and emotional by the end.

Running started out as a solitary effort. I began with just one mile. Then each day I added another driveway farther, another loop around the block. Abusive people make you feel weak and worthless, they tell you who you are and what you can and can't do. Running changed the way I thought of myself; it quieted the hurtful voices in my head. Every longer distance finished and race completed challenged me to see I was more than who he told me I was.

He was stronger, he had a career, he had money, and all of that he could take with him at any moment. But I had running. No matter what he took, he couldn't take that from me. Running was a time in my day when I was not being controlled.

Running helped me find my courage to leave. It was on a run that I came up with my plan for divorce. —Christy Eby, Dayton, OH



>>I coped with heart surgery and my mother's death by running.

I have been a runner my whole life. In 2010, I noticed I would experience a fluttering in my chest after completing a hill repeat or a hard interval on the track. The episodes became so frequent that I began to have trouble breathing. After many trips to the cardiologist, I was diagnosed with an aneurysm in my aorta.

This was especially difficult as the procedure was coupled with a number of difficult life events: I had a very traumatic experience giving birth to my daughter; then my mom underwent her own cardiac operation, during which she suffered a stroke, and soon thereafter she passed away.

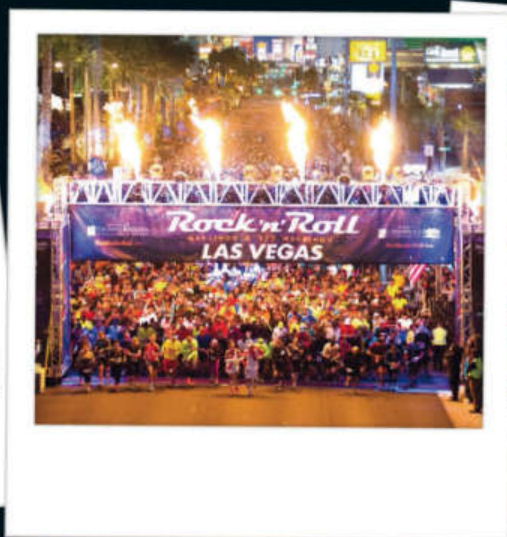
After my surgery, even the smallest activities were a struggle. It felt like I would be a weak person forever.

Running was my therapy during that time. Sometimes I would run to quiet everything in my head. Sometimes I would run as hard as I could to get out the anger and frustration. Sometimes my run was to escape—I would run somewhere just to cry. Sometimes I needed to feel the wind on my face, the air in my lungs and the blood in my legs to not feel completely numb. A piece of me was missing without my running. I need it like I need food or sleep.

—Sarah Phelan, Oakland, CA



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FUEL UP

{NUTRITION}

Pass the veggies.

Studies show that **eating with friends and family improves happiness, combats depression and lowers stress.** On the flip side, it can be tough to make healthy choices when communal meals mean happy hour nachos and wings. Solution? Host a dinner party—invite your running buddies over and ask everyone to bring a seasonal dish.

You'll do something great for your mind, body and spirit—plus you'll have an excuse to see each other in something besides sweaty clothes.

These snacks satisfy our run-ger pangs while supporting breast cancer research.

1



I'm a sucker for granolas, so I need to be careful around open containers. That's why I love the new **Purely Elizabeth Ancient Grain Granola + Puffs Cereal in Cranberry Pecan** (\$7–8, purelyelizabeth.com). The combo of bits of granola and tiny millet puffs, which are kind of like puffed rice, makes me feel good about having a bowlful or two! I also love the brand's commitment to healthier ingredients (like quinoa, chia and coconut sugar) and to the Edith Sanford Breast Foundation.

—Nicki Miller, *managing editor*

2

I'm so picky when it comes to pre-made smoothies: Half of them contain ingredients I'm allergic to—or I don't want them because they're loaded with sugar. But not **B'more Organic Strawberry** (\$4, bmoreorganic.com). This smoothie is made from skim milk (skyr) and health-sustaining probiotics. It's not only fat-free, but protein-rich and low-sugar. To further support great health, B'more Organic donates 1 percent of all sales year-round to find a viable treatment for breast cancer through Jodi's Climb for Hope.

—Erin Douglas, *art director*



3



I don't always eat chocolate cupcakes for breakfast—but when I do, they're in the form of **Luna Bars** (unless perhaps the real thing's in my kitchen!). Luna's new flavor **Chocolate Cupcake** (\$18.75 for 15 bars, cliffbarstore.com) has the good stuff in three places: a glazed bottom, a brownie-like middle and frosting drizzle on top. You can feel good about eating this year-round as Clif Bar donates 1 percent of all revenue to charities, including the Breast Cancer Fund.

—Jessie Sebor, *editor in chief*

4

These little guys are packed with the carbohydrates, electrolytes and antioxidant vitamins you need to power through your run. And sales from **Sport Beans Fruit Punch** (\$1.35, sportbeans.com) benefit the Breast Cancer Research Foundation. Each resealable package easily fits into a pocket and has 100 calories of yumminess.

—Allison Pattillo, *contributing gear editor*



5



When I found out that **Seattle Chocolates Extreme Dark Truffle Bar** (\$3.50, seattlechocolates.com) gives 100 percent of net profits to breast cancer research, my chocoholic habit was suddenly justified! I'm not going to lie—I do fuel up after most runs with a small (or big) square of truffle. —Caitlyn Pilkington, *web editor*



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Beat Train Gain

Preparing for a race should mean getting fitter—but that isn't always the case. Avoid unnecessary weight gain by watching out for these six mistakes runners often make.

BY JESSICA MIGALA



It's a common runner phenomenon: You start ramping up mileage for your next big race and the scale starts creeping up. Huh? Shouldn't it be the opposite? The term for this is “train gain,” and it doesn't just strike newbies. “It can happen to anyone at any point in their running career,” says Indianapolis-based sports dietitian Jackie Dikos.

Here's the good news: It's not always body fat. The extra couple of pounds could be more muscle the body puts on as it becomes stronger. Registered dietitian Kate Davis, owner of RDKate Sports Nutrition in Naperville, Ill., explains, “Your performance on your runs can clue you in on if the weight is extra fat or muscle,” she says. (Translation: If you're slowing down, it's probably not healthy muscle.) In any case, unwanted pounds can be overcome by sidestepping these six mistakes runners often make while training.

You're skimping on sleep.

Early morning runs might cut into your shut-eye sessions, leaving you fatigued during the day. On top of that, you might be stressing your body out with a crazy hard training plan you weren't quite ready for. In response, the body often craves extra calories as a quick source of energy, explains Dikos.

Beat gain: In terms of sleep, look at your habits. That may be something as simple as turning the TV off one hour earlier so you can make up the time lost in the morning. If your training is leaving your body exhausted, it's important to examine your regimen and make adjustments as necessary. For example, are there down weeks built into your training plan where you back off the mileage—or is every week adding distance and intensity?

You're too focused on calories.

Have you heard the idea that running burns 100 calories per mile? While that's generally true (though it differs for everyone), Dikos does not have her athletes count calories—even those who are looking to lose weight. Calculating calcs can be a good way to learn what foods have more than others, but after that it can actually lead to weight gain. Thinking of meals as purely a numbers game ensures you will become out of touch with your body.

Beat gain: Let your internal hunger cues be your guide. Dikos suggests paying attention to signs of fullness, like pressure

in your stomach or less enjoyment from your meal, and stopping accordingly.

You weigh yourself before a long run.

Though it can be a shock—how'd you gain two pounds overnight?—it's totally normal to see a jump in the scale at this time. When you've been eating more carbs, your muscles store carbs (glycogen) and water along with it, so it's likely water weight.

Beat gain: The key is to resist feeling frustrated and throwing in the towel. (I'm gaining weight like crazy, there's no going back now!) Don't overreact. You may sweat out a lot of that on your run or pee out the extra water. "Isn't it better to be hydrated and fueled for long endurance workouts?" asks Davis. If it causes too much strife, don't step on the scale next time.

You're too strict.

"Many athletes I work with see food as good or bad," says Dikos. "They try to

eat low-cal foods as much as possible to lose weight." The problem: In an effort to avoid, say, pasta, you might restrict yourself too much, which can cause you to snap and scarf down a sleeve of cookies.

Beat gain: All foods fit into a healthy runner's diet, so ditch the labels. Focus on what your body craves for fuel, including healthy carbs, protein and fat. Having that balance will help you resist binges later on.

You're rewarding yourself with food.

You just ran 10 miles, so you should have a doughnut and pancakes with breakfast, right? While it may have taken you an hour and a half to run, you can easily replenish those calories burned in 5 minutes with junk food.

Beat gain: After a long run, focus on getting good nutrition to replenish glycogen stores and stimulate muscle recovery, advises Davis. Examples: Eat an apple and nut butter, a protein-packed smoothie or a whole-wheat tortilla with black beans and avocado. At lunch or

dinner, enjoy a side order of fries or an ice cream cone, because if there was ever a time to do it, it's on a high-mileage day. Just be careful you're not making it a free-for-all and the mentality doesn't bleed into your next 10 meals.

You're eating and drinking too much during the run.

"There is so much emphasis on keeping yourself fueled during runs that some runners take in too many calories in the form of gels, sports drinks, sport beans and other products," says Davis. For example, 12 ounces of Gatorade packs 80 calories, while one energy gel contains 100 calories. Add that to a before- and after-workout snack, and things add up.

Beat gain: If you have a snack before your workout, you don't need any more fuel unless you're running longer than 75 minutes. Water is usually enough for shorter times and distances. On long runs, Davis recommends aiming for 30 to 60 grams of carbohydrate per hour of exercise. 

EAT THIS

When you're run-gry and have a craving, try these healthy swaps...

YOU WANT...SALTY

1 medium order fries
(378 calories)

FOR

4 cups air-popped
popcorn (124 calories)



Savings: 254 calories
Bonus: fiber, antioxidant
(polyphenols)

YOU WANT...CRUNCH

1 cup tortilla chips
and ¼ cup queso dip
(294 calories)

FOR

1 cup carrot sticks and
¼ cup hummus and salsa
(120 calories)



Savings: 174 calories
Bonus: vitamin A, biotin, protein

YOU WANT...CHOCOLATE

1 cup chocolate
ice cream
(285 calories)

FOR

1 cup banana soft serve
with 1 Tbsp. chocolate chips
(blend frozen banana in a
food processor, top with
chocolate pieces)
(175 calories)



Savings: 110 calories
Bonus: potassium,
vitamin C, vitamin B6

YOU WANT...A YUMMY COFFEE DRINK

1 large white chocolate
mocha (400 calories)

FOR

1 large iced flavored latte
(190 calories)



Savings: 210 calories
Bonus: The nutrient profiles are similar—but you'll be consuming about 40 grams less sugar!



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FRESHEN UP

{BEAUTY}



Red Alert

Got a head of carrot-colored locks and a pale complexion? Those freckles are too cute—

but you have to be careful, ginger girl. Research shows that **redheads are up to 100 times more likely to suffer from melanoma** due to gene variant MC1R-RHC that at once colors hair and leaves skin cells more susceptible to sun damage. If you're a red runner, make sure to be extra diligent about slathering on 'screen and avoiding high noon for outdoor sweat sessions.

FRESHEN UP {WE'RE OBSESSED}

There's never a time I don't have **Eos** in my purse, and there's never going to be a time where I don't purchase the **BCA Pack** (\$7, evolutionofsmooth.com) because it gives proceeds to breast cancer research and comes with two of these little lip balms. The unique spherical case keeps the balm from melting and getting all over everything if left unattended, and the flavors are tasty.

Strawberry Sorbet or Wildberry? Yes, please!

—Caitlyn Pilkington, *web editor*



I love **Arcona Magic Pink Ice** (\$40, arcona.com)! It's a light hydrating gel that doesn't clog pores and keeps you looking dewy while protecting your skin against environmental damage. It's made with all natural ingredients and is cold-pressed in small batches to keep it fresh and super effective. Arcona donates \$2 for every Magic Pink Ice sold in the month of October to Cancer and Career. —Erin Douglas, *art director*



The beauty of these products is the money raised for breast cancer research.

I've never been one to liberally use hand cream, but as I get older, I've realized I need to change my ways. In search of a non-greasy lotion without a strong smell, I found **Goldfaden MD Hands to Heart** (\$38, goldfadenmd.com) and can't believe how soft my hands feel. The thick cream with a hint of citrus absorbs easily and can reduce dark spots and wrinkles with organic ingredients. This month 10 percent of proceeds from all online orders go to the National Breast Cancer Foundation. You should keep one at the ready on your desk too!

—Nikki Miller, *managing editor*



Brighten early fall evenings and treat yourself with the fresh floral scent—peonies and roses balanced with sandalwood for an earthy warmth—of **Nest Fragrances Passion Candle** (\$38, nestfragrances.com). While you enjoy 50 to 60 hours of burn time and an aroma other than smelly running clothes, a portion of proceeds benefits the Breast Cancer Research Foundation.

—Allison Pattillo, *contributing gear editor*



When I was growing up, my mom used exactly two beauty products: mauve lipstick and **Clinique Dramatically Different Moisturizing Lotion** (\$47 for 6.7 oz., clinique.com). Thus, this little glass bottle has always been synonymous with elegance to me. Now the company offers a special edition of the classic cream with a more important significance: Clinique donates \$10 per purchase to the Breast Cancer Research Foundation.

—Jessie Sebor, *editor in chief*

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BY SUSAN LACKE
PHOTOGRAPHY BY JUSTIN MCCHESENEY-WACHS

APP IT UP

Want to check the safety of your favorite lotion? Visit ewg.org/skindeep to download the Skin Deep app. The mobile reference lets you search by product name or scan the barcode of personal care items before you buy, allowing you to make informed decisions.

2.

3.

4.

5.

6.

1.

You would never bathe with pesticide soap, right? Believe it or not, that might be *exactly* what you're doing.

Skincare products can be formulated from any combination of more than 10,500 ingredients, many of which have not been evaluated for safety by the FDA. What's more, some of those ingredients have been linked to health issues, including cancer. Still, products containing risky business remain on the shelves and in our showers.

Savvy consumers have started to fight back, demanding stores remove dangerous products from their inventory. But for now, in order to save your skin, it's crucial to take matters into your own hands. Not sure what to buy? Try these totally natural, non-toxic products that are good for your health, and work like a charm for sweaty runners.

1. MOISTURIZER

We're in love with **Odacité Time Release Delivery Crème** (\$68 for 1.69 oz., odacite.com), a luxurious moisturizer perfect for sunburned and wind-chapped skin. It's expensive, but what price is your health? The super-clean brand was created by breast cancer survivor Valerie Grandury when she realized what she put on her body was just as important as what she put into it. Odacité is created from the same fresh, raw ingredients Grandury eats every day to stay healthy and cancer-free.

>>Sundry options...

Enkido Hydrate Moisture Fluid, \$30 for 3.37 oz., enkido.com

Honest Beauty Elevated Hydration Mist, \$16 for 3.4 oz., honestbeauty.com

2. HAIR CARE

Many natural shampoos lack the power to untangle long hair, but **Carina Organic Citrus Daily Moisturizing Shampoo** (\$10 for 12 oz., carinaorganics.com) leaves strands feeling soft and smelling fantastic, thanks to a crisp, fresh blend of tangerine and apple extracts.

>>Sundry options...

Acure Organics Leave-In Conditioner, \$10 for 4 oz., acureorganics.com
Penny Lane French Lavender Shampoo With

Conditioner, \$16 for 1 liter, pennylaneorganics.com

3. SOAP

Acure Clarifying Body Wash (\$10 for 8 oz., acureorganics.com) keeps body acne at bay with an ingredient list we sort of want to...eat? Acai berry, rooibos tea and pomegranate are featured prominently in this refreshing lather. A hint of mint energizes the skin and the senses, prolonging your runner's high.

>>Sundry options...

Mrs. Meyer's Clean Day Geranium Daily Bar Soap, \$4 for 5.3 oz., mrsmeyers.com

Promise Organic Ultra-Moisturizing Argan Crème Body Wash, \$7, cvs.com

4. SUNSCREEN

Nothing ruins a post-run glow faster than a breakout from thick, greasy sunscreens. **Honest Beauty Beyond Protected Oil-Free SPF** (\$28 for 1.5 oz., honestbeauty.com) avoids that problem with mild, all-natural ingredients that stay put to protect skin from the sun's harmful UVA and UVB rays. We also love the girl power behind this beauty brand: Proceeds from every Honest Beauty purchase support organizations providing inspiration and education for young women pursuing careers in male-dominated fields.

>>Sundry options...

Badger Sport Sunscreen Cream, \$16 for 2.9 oz., badgerbalm.com

Just Skin Food Natural and Organic Sunscreen, \$13 for 1 oz., justskinfood.com

5. DEODORANT

Once you try **Soapwalla Citrus Deodorant Cream** (\$14 for 2 oz., soapwallakitchen.com), you'll never go back to the traditional stick deodorant. This all-natural mixture of shea butter, clay and

essential oils spreads easily, absorbs quickly and smells ahh-mazing all day long. Bonus: No more unsightly white residue on your favorite black shirt.

>>Sundry options...

Nourish Organic Clean & Fresh Organic Deodorant, \$10 for 2.2 oz., nourishorganic.com
PiperWai Natural Deodorant, \$12 for 2 oz., piperwai.com

6. ANTI-CHAFE ESSENTIALS

After conquering a life-threatening brain tumor, Indie Lee set out to reduce her exposure to environmental toxins. The result: a bath-and-body line that looks and feels indulgent—naturally. **Indie Lee Body Balm** (\$32 for 10 oz., indielee.com) uses jojoba, avocado and chamomile to calm redness and irritation on chafed skin. Beeswax gives the balm staying power to protect against further irritation and speed healing.

>>Sundry options...

Nourish Organic Skin Solve Cream-to-Oil All Over Treatment, \$20 for 3 oz., nourishorganic.com
Just Skin Food Ouchy Grouchy Salve, \$12 for 1 oz., justskinfood.com

7. ON THE GO

For those Sunday morning run-to-brunch quick changes, get **The Honest Company 3-in-1 Facial Towelettes** (\$7 for 30-pack, honest.com). Despite its natural, gentle ingredient list, these pre-moistened towelettes pack a punch when it comes to cutting through sweat and dirt. The cooling formula won't irritate sensitive skin, leaving you feeling clean, refreshed and ready for a mimosa.

>>Sundry options...

Promise Organic Nourishing Coconut Facial Towelettes, \$6 for 15-pack, cvs.com
First Aid Beauty Gentle Cleansing Wipes, \$15 for 30-pack, firstaidbeauty.com

The Hall of Shame

Avoid these dangerous ingredients found in many personal care items.

DEA: Shampoos and soaps sometimes contain this known carcinogen, which can linger on the skin after rinsing.

Parabens: A preservative absorbed through skin that mimics the function of estrogen in the body, disrupting normal hormone function. Some parabens have been banned in Europe for their cancer-causing potential.

Phthalates: Usually listed in cosmetics as "fragrance," phthalates have been linked to a host of health problems, from breast cancer to fertility issues.

Retinyl palmitate: This form of vitamin A is often added to sunscreens. Though vitamins are typically good for the body, this particular form may interact with sunlight to trigger the development of skin tumors.

Triclosan: A pesticide commonly found in soaps, triclosan may disrupt thyroid function and contribute to the development of antibiotic-resistant bacteria.

CHASE DOWN your goals

Get after your goals

this year with the journal created

by pro runners Lauren Fleshman and Roisin McGettigan-Dumas.

Their *Believe Training Journal* is packed with real-world advice and fresh ideas to help you push harder and find your best running. Put pen to paper and you'll be amazed where your *Believe Training Journal* can take you.

Now in three colors, the new Lavender and Charcoal editions feature an updated design, new photographs, Lauren's killa core routine, and Ro's fave post-run yoga poses.

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Available in bookstores, running shops, and online.
Preview the book at velopress.com.



Yoga for Runners

A few routines from the new book Everyday Yoga are perfect for the striding-obsessed.

BY SAGE ROUNTREE

PHOTOGRAPHY BY SETH K. HUGHES



If you can breathe, you can do yoga. Because yoga means union—connection of your awareness to what is happening right now—you don't have to lift a finger to do it. This may come as a relief to those who quake at the idea of bending a knee into lotus pose or twisting arms into a full bind. But practicing a little bit of yoga most days, whether through poses, meditation or breathing, will vastly improve the experience you have in the body and mind.

The routines here—which are especially good for runners—include modification cues to make a pose sweeter or spicier. Choosing the sweeter variation will most often yield less intensity; going spicier will likely heat things up. But depending on your own experience and physical makeup, what feels spicy to me may be mild to you; simply think of these modification cues as giving you practice a menu of choices.

As you adjust each routine according to your taste, you might also choose to modify by pulsing dynamically from pose to pose before holding a pose for several breaths or by flowing back and forth between poses. How many times you flow and how long you hold each pose is up to you. Five to 10 breaths is a rough range for flowing, while 10 to 25 breaths is a rough range for holding. In challenging poses, you might like to move along more quickly to the next pose; in relaxing poses, you might stay longer.

Generally, when you move dynamically, inhale as you lift and exhale as you lower. For pulses, exhale as you execute the challenging movement. This helps engage your core muscles to support and stabilize the pelvis and spine. Listen to your body and your breath, and you'll find the best approach to every move.

Get Your Yogi On

The routines start with a home-base pose: mountain pose (standing tall) or table pose (on hands and knees). Before you move your body into any other shape, remember the principles of good alignment: level pelvis, long spine, relaxed upper body. They will inform every pose you do—and good alignment will protect your spine and hips.



WHOLE-BODY WARM-UP

The leg extension stretches the inner thigh and enables a different range of motion in the pelvis and spine. Perform before you head out for an easy run.

- (A) From table pose, extend your right leg to the right, in line with your hips and left knee, toes forward. (B) Inhale to cow; (C) exhale to cat. Repeat for several cycles.
- (D) Align your spine to neutral, drop your left elbow under your shoulder and lift your right arm to your hip or to the ceiling

as you twist to the right to “thread the needle.” Stay several breaths. **Sweeter:** Stay on your left palm as you twist right. **Spicier:** Drop to your left shoulder.

(E) Take both hands to the floor and walk your arms to the left until your left hand is in line with your left knee, fingers pointing away from the knee. Lift your right hand to your right hip, overhead or over the left arm for reverse gate pose. Stay several breaths. **Seasoning:** Draw big air-guitar circles around your body in both directions with your right arm.

Repeat routine on the other side.

CORE PLANKS AND LUNGES

Build heat, cultivate upper-body strength and release your hips in this spicy routine, which is great way to cap off a tough workout.

- (A) Start in downward-facing dog or table pose. (B) Inhale and lift your left leg, keeping hips level. (C) Exhale and shift to rounded plank, bringing your left knee toward your nose. Repeat several rounds of leg swings, then switch sides. **Sweeter:** Leg swing from table pose. Keep your back knee down and place your hands to the floor or blocks.

(continued on next page)



(continued from page 50)

(D) From downward-facing dog, (E) inhale and lift your left leg; (F) exhale and shift into plank, crossing your left knee toward your right elbow. Repeat several rounds, (G) then extend your left foot to the right as you lift your right hand for side plank. Stay several breaths. Switch sides.

(H) From downward-facing dog, (I) inhale and lift your left leg; (J) exhale, shift to plank and bring your left knee wide of your left elbow. Repeat several rounds, (K) then step your left foot wide of your left hand for lizard lunge. Stay several breaths. **Seasoning:** With your left knee and left toes pointing in the same direction, roll to the pinky-toe side of your left foot, rotating your torso to the left. Drop the right knee or lift it. Switch sides.



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Restorative Cool-Down

Choose the degree of backbending that suits your energy. Use this to dial your body back after a long run.

Rest on your back with your knees bent, hands by your hips.

(A) Push into your feet and lift your hips for bridge pose. Stay several breaths. **Sweeter:** Slide a block under your pelvis for supported bridge. **Seasoning:** Tuck your shoulder blades toward your spine; interlace your fingers behind your back, pushing pinkies into the mat.

Take your hands to the floor, fingers pointed to your shoulders, elbows bent over wrists. (B) Lift the lower part of your body to bridge, then press into your hands, straighten your arms and lift your upper body for upward-facing bow. Stay several breaths. **Spicier:** Lift one leg, knee bent or leg straight. Switch sides.

(C) Bring your knees toward your armpits for happy baby. Stay several breaths. **Seasoning:** Hold the backs of your knees, your ankles or your feet; rock side to side.



15 MOST POWERFUL WOMEN IN RUNNING

WHO RUNS THE RUNNING WORLD?

GIRLS—OBVIOUSLY.

MEET THE CHICKS WHO ARE CHANGING THE GAME.

BY CAITLYN PILKINGTON & JESSIE SEBOR

SARAH ATTAR

Professional Runner

Age: 23

Mammoth Lakes, CA

One of the lesser known, but nonetheless iconic, stories out of the 2012 Olympics is that of Attar. As a student at Pepperdine University, she had a unique opportunity to participate in the London Olympics in the 800 meters on behalf of Saudi Arabia. Attar, who holds dual Saudi Arabian and American citizenship, did not qualify in the traditional sense; she received an invite to be one of the first two female athletes ever to represent the Islamic country as an Olympian.

The ask came just a few months before the games started, and her decision to run was, and still is, controversial due to restrictions placed on females in the Muslim culture. (Some networks in Saudi Arabia chose not to air the 2012 Olympic Games.) However, to Attar, the choice to leave her mark on history was no-brainer, despite the disapproval of others who upheld Saudi Arabia's former ban on female participation in sports.

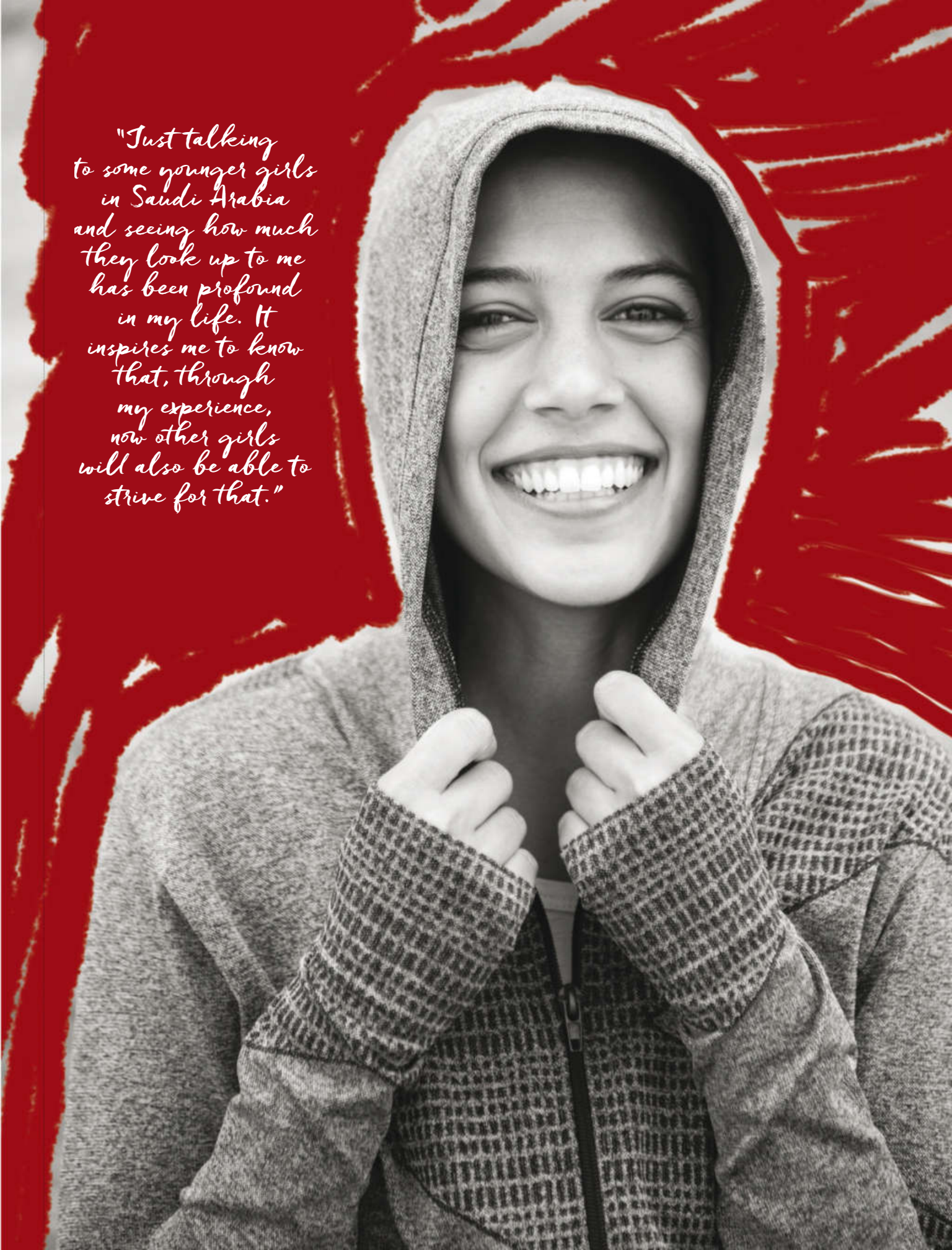
"I never expected as an athlete I would go to the Olympics, let alone represent Saudi Arabia as one of the first females. I think it's still something I'm processing and reacting to," says Attar, who now trains in Mammoth Lakes, as a Oiselle-sponsored runner. "We always look for opportunities that we can do something that makes a difference. How could I not do it?"

Adhering to the Islamic dress codes for females, Attar donned a handcrafted uniform that covered everything from her hair down to her ankles, which some athletes mistook for her warm-ups before the race. She ran two laps against the greatest 800-meter runners in the world and crossed the line in dead last to a standing ovation.

"People were so supportive of what it meant and not just the time I was getting. It was incredible," recalls Attar. Although her participation was met with scrutiny from some, Attar says she didn't feel like a political pawn—she ran her own race.

It is unclear if she will be able to race again in Rio 2016. For now, Attar has plans to better her marathon times under the guidance of her coach, Andrew Kastor, who sees great potential in the young runner. She's qualified for and completed the Boston Marathon three times (and the Boston 2 Big Sur Challenge the same amount of times)—and her finisher photo graces many of those famous race banners spotted around Copley Square!

*"Just talking
to some younger girls
in Saudi Arabia
and seeing how much
they look up to me
has been profound
in my life. It
inspires me to know
that, through
my experience,
now other girls
will also be able to
strive for that."*



KARA GOUCHER

Professional Runner

Age: 37

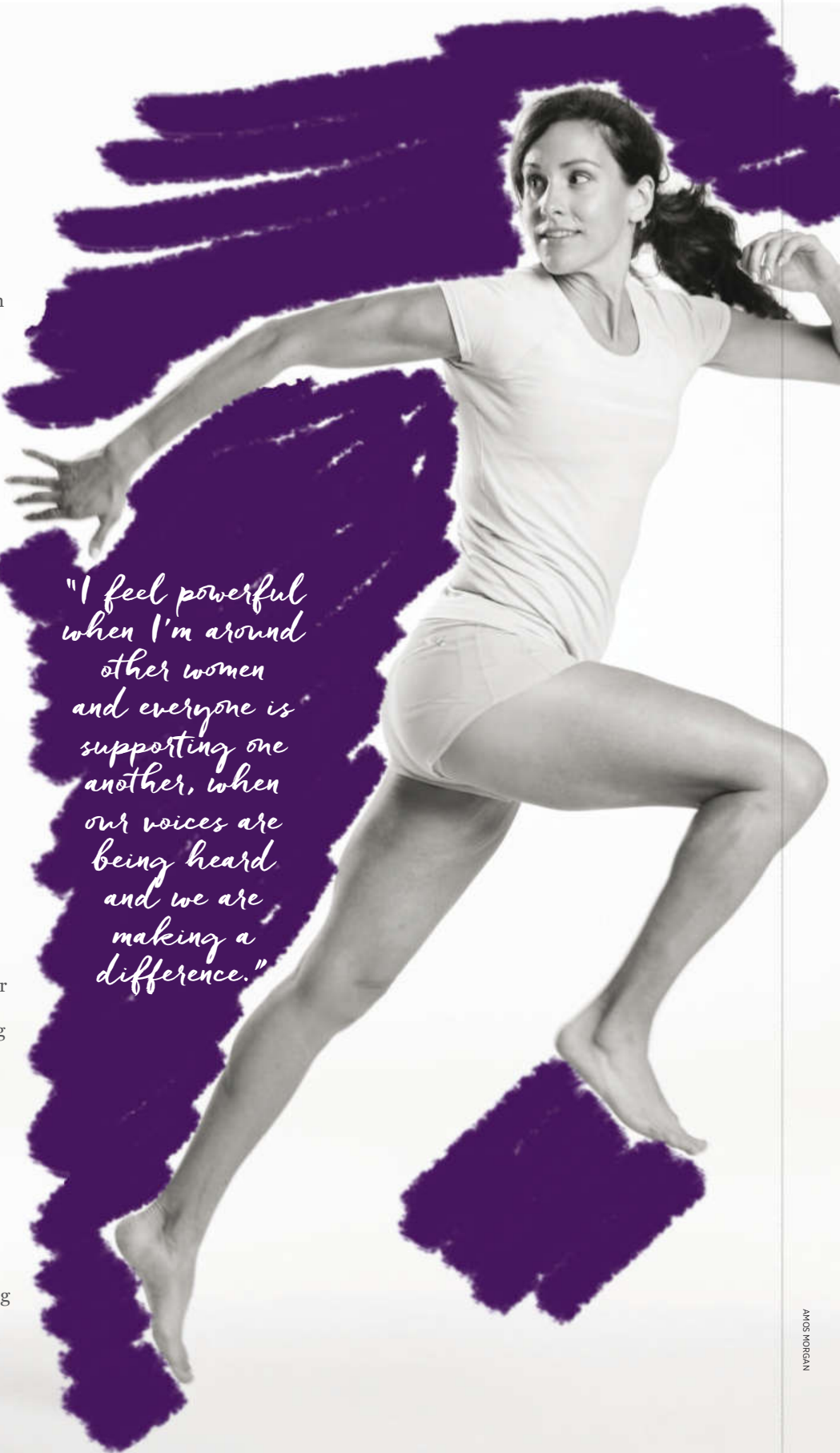
Boulder, CO

The power of professional athletes is most often associated with physical dominance in sport. While Goucher has the wheels to crush her competition (she's a two-time Olympian and one of the fastest marathoners in the world), this year she asserted strength in a different arena. After being sidelined by a knee injury that required surgery in January, the Oiselle- and Skechers-sponsored runner planned to spend 2015 out of the spotlight. She would avoid racing and instead focus on rebuilding her training base in preparation for the 2016 Olympic Trials.

However, performance-enhancing drug allegations she made this spring against Nike Oregon Project Coach Alberto Salazar thrust her back to center stage. Goucher explains, "I decided to battle something publicly that personally I'd been battling for a few years." In a report released by the BBC and ProPublica, Goucher stated that her former coach approved the use of banned substances and encouraged her to take thyroid medication (even after a doctor refused the prescription) in order to drop weight quickly after the birth of her son in 2010.

In the wake of the report, Goucher received both backlash and support. "It's been really emotional. I've received some hateful letters," she says. "But also a lot of personal letters thanking me." Since then, other athletes have come forward to share their stories and the U.S. Anti-Doping Agency has taken more aggressive action to investigate the practices of athletes, coaches and teams—largely thanks to Goucher's statements.

The Colorado resident has faith in—and a tremendous amount of love for—her sport. With her sights currently focused on making the U.S. team in Rio and continuing to be an advocate for clean competition and fair treatment of athletes, Goucher says her greater passion lies in "getting more women involved in the sport—and having it change their lives in the way it's changed mine."



"I feel powerful when I'm around other women and everyone is supporting one another, when our voices are being heard and we are making a difference."



REBEKAH GREGORY

Motivational Speaker

Age: 28

Richmond, TX

On April 15, 2013, Gregory was standing on Boylston Street, waiting to see her mother-in-law cross the Boston Marathon's iconic finish line. In one moment she was cheering happily with her 5-year-old son by her side. The next, she was on the ground, her ear drums blown and her vision clouded by smoke, screaming, "Where is my baby?"

A victim of the marathon bombings, Gregory held on to her own life and that of her son, but lost her leg during recovery. Over the past two years, she has become a hero for runners everywhere, in part by becoming a runner herself. Following her amputation, Gregory focused on one goal: to run. In an article for ESPN this spring, she explains that, prior to the day that would change her life, "I didn't understand why people would run, especially for fun. But the marathon is a huge part of my life now, and it will always be."

In 2015, Gregory returned to Boston to run the final 3.2 miles of the race—the distance symbolized the number of months she had been able to walk with her prosthetic dubbed "Felicia." In what she calls her "proudest moment," Gregory ran across the line, thereby taking back the power that terrorists had once tried to steal.

"I feel most powerful when my leg is aching because I am still getting used to life as an amputee and I still run anyway. Everything in our day-to-day is about perspective, and I'm just thankful to be alive, swap out my leg for a fake one, and still run and keep moving forward."

MICHELLE OBAMA

First Lady of the United States

Age: 51

Washington, DC

There are very few people with the ability to influence our culture the way the First Lady can. And within President Obama's two terms, his wife, Michelle, has put a stake in the proverbial vegetable garden, making health and fitness a central part of the national conversation.

Five years ago, Obama set the Let's Move program in action. Just a few of its accomplishments to date include stricter nutritional standards at large organizations, from Disney to the Department of Defense; free and low-cost athletic programs for children in need; and a "Play Streets" program that shuts down neighborhoods to traffic so that kids can run around outside.

This spring, Obama released a video of her workout routine, which while impressive includes more box jumps than miles. That said, she's leading the race in ensuring the next generation of runners are armed with the knowledge of how to eat healthy and why it's important to work up a sweat.

"Success isn't about how much money you make. It's about the difference you make in people's lives."





"Never set limits.
Go after your dreams.
Laugh a lot—it's
good for you!"

PAULA RADCLIFFE

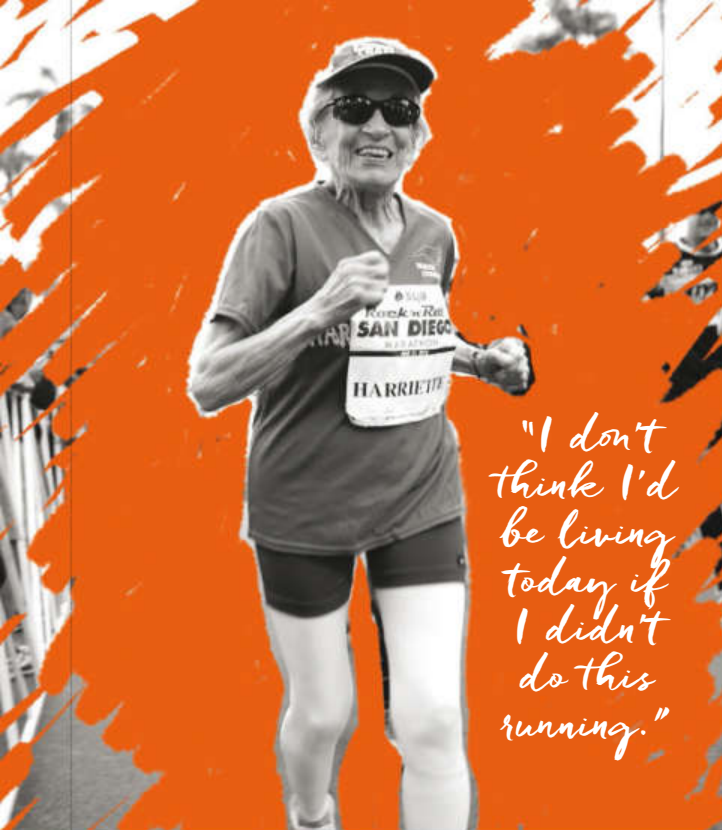
Marathon World Record Holder

Age: 41

Davenham, United Kingdom

The final meter of this year's London Marathon also marked the final step for Radcliffe in her career as a professional athlete. Prior to the race, Radcliffe announced plans to retire following the marathon, so her performance was bittersweet for both her fans and the athlete herself. She explained to reporters that day, "Part of the reason I wore sunglasses was I thought it might help me keep a lid on things, but I shed quite a few tears, and along Birdcage Walk came close to losing it. The crowds bowled me over. I was thinking, *I'm so tired, I want it to finish, but at the same time I want it to last forever.*"

In her 20-year-plus career, Radcliffe shattered ideas of what it meant to be a female athlete. She ran faster than any other woman in history—she still holds the record for the marathon with a mind-bendingly quick 2:15:25. She made the decision to have children in the midst of her career—and came back to win the New York City Marathon 10 months after the birth of her daughter, Isla. She's been a vocal advocate for harsher anti-drug measurements in the sport—arguing for a lifetime ban for convicted dopers. While Radcliffe may not be putting her dreams on the starting line going forward, the legacy she created will live on in ours.



"I don't think I'd be living today if I didn't do this running."

HARRIETTE THOMPSON

Marathoner & Record Holder

Age: 92

Charlotte, NC

"At my age, to inspire anybody, that's nice!" laughed Thompson at the 2015 Rock 'n' Roll San Diego Marathon. But the humble runner continues to inspire people the world over—while pushing the boundaries of what we think of when we think of "marathon runner." At this year's race, Thompson became the oldest woman to complete the full 26.2 miles and smiled from start to finish.

Thompson says that she did not run her first marathon until age 76—proving that it is never too late in life to set big goals. "I guess it's sort of unusual now, but in 10 years it won't be unusual at all," she has said. "People are living longer."

The two-time cancer survivor, who lost her husband of 67 years just a few months before this year's race, honors tragedies in her life by staying positive. Thompson has raised nearly \$100,000 for the Leukemia & Lymphoma Society. Next year, she plans to fundraise again and return to the San Diego race—setting the bar one notch higher at a happy, healthy 93 years.

NANCY GREEN

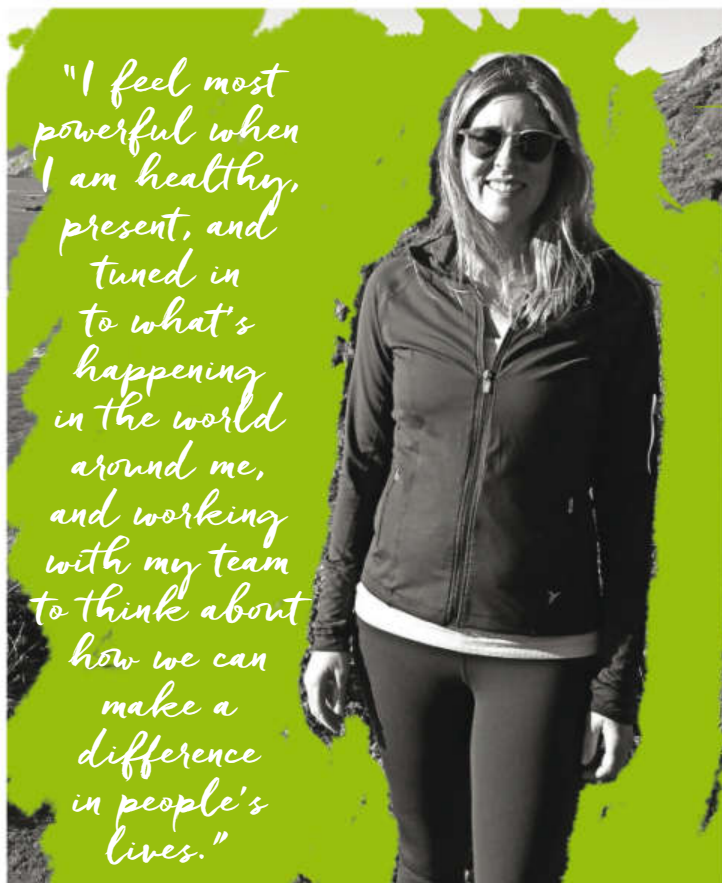
President, Athleta

Age: 53

San Anselmo, CA

In 1986, Green started her career with Gap Inc. as an assistant merchandiser. Twenty-seven years later, the mom of three is now president and general manager of the corporation's fastest-growing brand, Athleta. Green says that this journey—rather than any single feat—has been her greatest achievement. She describes her brand's anchor point as, "Power to the she," which is about supporting women to reach their limitless potential," and she says, "I truly believe that fitness and wellness create a strong foundation to achieve that goal."

Green's mission to empower women to lead fuller, healthier lives starts with apparel. In the runner's two years heading Athleta, she has pushed the company toward embracing a younger market (through events like in-store yoga classes for teens) and seeing movement not just as an activity but a lifestyle (creating clothing that transitions from a 10K to a 10 a.m. meeting so that women feel comfortable in both arenas). Athleta also has a broader selection of plus-size running gear than almost any other brand, underlining the idea that fitness is for *every* body.



"I feel most powerful when I am healthy, present, and tuned in to what's happening in the world around me, and working with my team to think about how we can make a difference in people's lives."

MOST POWERFUL WOMEN IN RUNNING

LORNA JANE CLARKSON

Founder and Chief Creative Officer,
Lorna Jane Activewear

Age: 50

Brisbane, Queensland, Australia

With a brand attached to her name and a lifestyle philosophy that extends from apparel to coffee table books, Clarkson could be called Australia's answer to Martha Stewart. The difference is, in Clarkson's world, women aren't homemakers—they're athletes.

After the self-titled label launched in 1989, Lorna Jane Activewear has continued to explode. Three years ago, Clarkson crossed the pond to test the U.S. market with resounding success. The brand now boasts more than 50 standalone stores in the country, a merchandising deal with Nordstrom and more than \$166 million in annual revenue.

With running wear that works for both start lines and coffee runs, Clarkson focuses on quality and community in her brand. Many of the brick and mortar stores offer group runs with refreshments and free exercise classes. "Running shouldn't be seen as a chore," says the CCO. "It should be seen as a tool to empowerment."

"To me, power is working hard for what you want and never giving up. No one is born feeling self-empowered and confidence is learned."



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AUSTIN ★ TEXAS

MAGDALENA BOULET

VP of Innovation, Research, and Development at
GU Energy Labs & Professional Runner

Age: 42
Oakland, CA

You may know Boulet for her marathon speed—the 2008 Olympian has a personal best of 2:26—but what you might not realize is that she's the brains behind the fuel *you* eat mid-race. Gu Energy Labs is the largest manufacturer of gels in the world, and as a VP, Boulet is responsible for crafting new flavors.

The runner takes a scientific approach, using her master's in exercise physiology and her extensive knowledge of nutrition to ensure the company's formulas help athletes everywhere perform at their best. This year, Boulet managed to balance her day job and role as mom to 10-year-old Owen with intensive training. In her first shot at the distance, she won the Western States 100 Mile Endurance Run, with a smile on her face and a smooch for her son at the finish.



"I feel powerful when I'm standing on top of a mountain peak, and I can clearly see where I have come from and what I have conquered to get there."

RIGHT: ALEXIS BERG



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STEPHANIE CASE

United Nations Human Rights Officer & President and Founder, Free to Run

Age: 33

Gaza, Palestine

Although Case is an accomplished ultrarunner, she says that her fondest race memory is not one of her finish-line victories. Last June, the human rights lawyer completed a 250K foot race in the Gobi Desert supporting two young women from Afghanistan. "In a country where women aren't safe to walk outside alone, Nelofar and Zainab trained in the face of violence, insecurity and extreme discrimination," says Case. "Seeing them overcome incredible physical and mental barriers during the race and get through that finish line together was one of the most emotional running experiences I have ever had."

The two Afghan women ran as a part of a nonprofit Case founded in 2014. At the center of its mission, Free to Run "uses physical fitness and outdoor adventure as a means of empowerment and education in conflict-affected communities to overcome the harmful effects of gender, religious and ethnic discrimination." Through Free to Run, Nelofar and Zainab became the first female team from their country ever to finish an ultra. With programs currently operating in Afghanistan and Sudan, Case hopes to continue to grow the organization's work so that one day women everywhere will be able to tap into their power.

LORI SHANNON

Founder & CEO, See Jane Run

Age: 50

San Francisco, CA

"When I joined the industry 15 years go, it was a completely different place," says Shannon, who opened the first See Jane Run store in the Bay Area in 2000. "Just a few short years ago, this community was mostly white, middle class, athletic men." Now, the CEO explains, the sport is open to and embraced by people of all backgrounds, ages and genders; what Shannon may not realize, however, is that she has been a catalyst in this evolution.

See Jane Run has since opened three additional locations, created one of the best online running retail sites for women in the world and developed a training program and race series dedicated to helping women motivate one another to achieve running goals. Despite the growth of her business, it's important for Shannon that the goal of inclusiveness stays constant. In 2015, the See Jane Run race series started a new policy, offering free race registration to all women over the age of 70. It's also one of the only running brands we know to have an entire section of their site dedicated to E-cup sports bras.



"I feel powerful when I feel fit. Feeling fit makes everything in my life easier and more enjoyable, most especially my time spent with my 5-year-old boys. When I can keep up with them, make them laugh and show them something new, it feels great. None of this is an easy quest at 50 years old, but they keep me motivated and energized."



"We are most powerful when we empower others to take control and enhance their lives—through sport, through fitness, through connection to each other."

MARY WITTENBERG

CEO, Virgin Sports

Age: 53

New York, NY

Over the course of her 18-year career with the New York Road Runners, Wittenberg's name became synonymous with the organization and its marquee event, the New York City Marathon. The running world let out a collective gasp last May when she announced she would be leaving to lead Virgin Sports, the new events division of Richard Branson's empire.

Although Virgin Sports is still in its infancy, if the legacy Wittenberg left in her previous role is any indication, the venture will be a game-changer for endurance sports the world over. During her 10 years as NYRR's CEO, Wittenberg took the city's marathon from a largely regional race to an internationally famous event.

The first woman to direct a major marathon, she introduced a metro-wide youth running program in New York, grew annual race participation to more than 300,000 runners and increased payments to female professional runners, in some cases, having women's prize purses surpass the men's.

KAREN DENNIS

Director, Track & Field, The Ohio State University
Columbus, OH

"I got into coaching accidentally," explains Dennis. After graduating with her master's from Michigan State, she planned to become a university administrator. But when the school asked the former standout sprinter to come on as the assistant track and field coach, Dennis accepted.

Twenty-eight years later, Dennis now acts as the director of track and field for the Buckeyes, an accomplishment she holds dear: "A lot of women don't get the opportunity to direct a dual-gender program." In her tenure at The Ohio State University, she has led the team to 31 Big Ten event titles and 19 First Team All-American awards. She credits her success to a mixture of smart physical training and emotional support. "It's not enough to want to see a person's success on the athletic field or track, you have to care about their life."

Dennis' power comes not only from her winning record, but also her vision, part of which is met by hiring people with a diverse range of backgrounds. "I think that racism exists and I still think sexism exists. The more diverse organizations become, the better understanding between genders and races. I really think it has to happen."



"I feel the most powerful when my team and my coaches are feeling empowered—when we're getting ready to rock an event."



"Power is when intention meets reality."

CHRISTY TURLINGTON BURNS

Founder, Every Mother Counts

Age: 46

Walnut Creek, CA

Once dubbed "the face of the century" for her modeling prowess, Turlington Burns has now become the face at the center of a different world: the fight for maternal health. After experiencing complications during childbirth, Turlington Burns came to a startling realization that she and her baby had survived thanks to easy access to medical support—but that thousands of women are not so lucky. Shocked to discover 287,000 mothers die each year during labor from preventable or treatable complications, Turlington Burns decided to act.

She directed the documentary "No Woman, No Cry," which centers on this health crisis and founded Every Mother Counts (EMC), a nonprofit dedicated to "making pregnancy and childbirth safe for every mother." In order to raise awareness for her cause, the model-mother-director-advocate decided to add another title to her résumé: marathon runner. After finishing her first marathon for EMC in New York in 2011, she was hooked.

Turlington Burns calls 2015 "by far the most exciting year for me as a runner." EMC's founder became a spokesperson for the Apple Watch and one of the first people to test it in preparation for the London Marathon. "I felt like a professional athlete with all the training that was involved," she says. The hard work paid off with a huge personal best of 3 hours, 46 minutes.

The mother of two continues to make the world safer for women everywhere. She explains, "I am most proud of the EMC community, who has raised over \$1.3 million, specifically through running, to improve access to critical maternal healthcare."



LAUREN FLESHMAN

*Professional Runner &
Co-Founder, Picky Bars*

Age: 33
Bend, OR

One scroll through the Instagram of @FleshmanFlyer, and it's clear that you are witnessing the unfiltered life of a Renaissance runner. Yes, she is one of the fastest women in the country, but Fleshman is so much more: mother to a toddler, wife to a professional triathlete, writer who inspires women and men around the world, partner and athlete with Oiselle, co-founder of Picky Bars, coach of elite female team Little Wing—oh, did we mention she plays guitar?

Fleshman is also a vocal supporter of athlete's rights. She has taken bold stands on issues, including anti-doping, sponsor support and body expectations. The runner is shifting what it means to be a professional athlete, bashing open doors and inviting others to follow. Case in point: Fleshman's 2012 decision to leave Nike to sign with a then-tiny women's brand, Oiselle, out of Seattle. "There has been no other professional moment that has made me feel more in charge of my destiny, despite the inherent risks" she says. "When I signed on the line, I felt proud that I had done the work of identifying what I really wanted for myself, in a business relationship and for the sport." The move, which was then unheard of, is now slowly becoming commonplace with athletes (like Kara Goucher) making moves to smaller sponsors, trading higher salaries for more control and higher equity. 

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when I'm with
my women.
They know
who they are."*

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January 15-17 2016

A RUNNER'S SIGHTSEEING TRIP
TO JAPAN IS A FEAST FOR THE MIND,
SPIRIT AND LEGS.

BY ALLISON PATTILLO

On Tokyo Time

Gleaming high-rises and extensive public transportation easily navigable by a non-Japanese speaking tourist—*check*. Tranquil temple gardens with raked gravel walkways, prayer walls and fortune boxes—*check*. Teens dressed in Harajuku-style, lace-trimmed bobby socks and patent leather pumps walking side-by-side with women wearing ornate silk kimonos and wooden “geta” shoes—*check*. Tokyo 2015 is a measured balance of old-world traditions and cutting-edge modernizations imbued with a naively cheeky sense of humor and a burgeoning running culture.



YOYOGI PARK



TOKYO MARATHON START LINE



MARATHONERS IN FRONT OF KABUKI-ZA THEATER



CHERRY BLOSSOMS



ATTIRE AT THE MARATHON EXPO



MOCHI

The Sports Scene

A reverence for training and sportsmanship has been an essential part of Japan's history since ancient times. ASICS continued this trend in the 20th century when the brand launched in 1949 as Onitsuka Co. Ltd. The company

was originally created to provide athletic shoes for schoolchildren in the wake of World War II and promote the importance of sport for health. At the time, however, sporting demonstrations, like marathons and distance running, were looked upon as an arena

for elite athletes only.

In the Japan of today, running is a sport for everyone, with a diverse and loaded racing schedule to meet varied interests. Events like road marathons, trail ultras and fast-paced "ekiden" relays are equally popular for both

participation and spectating.

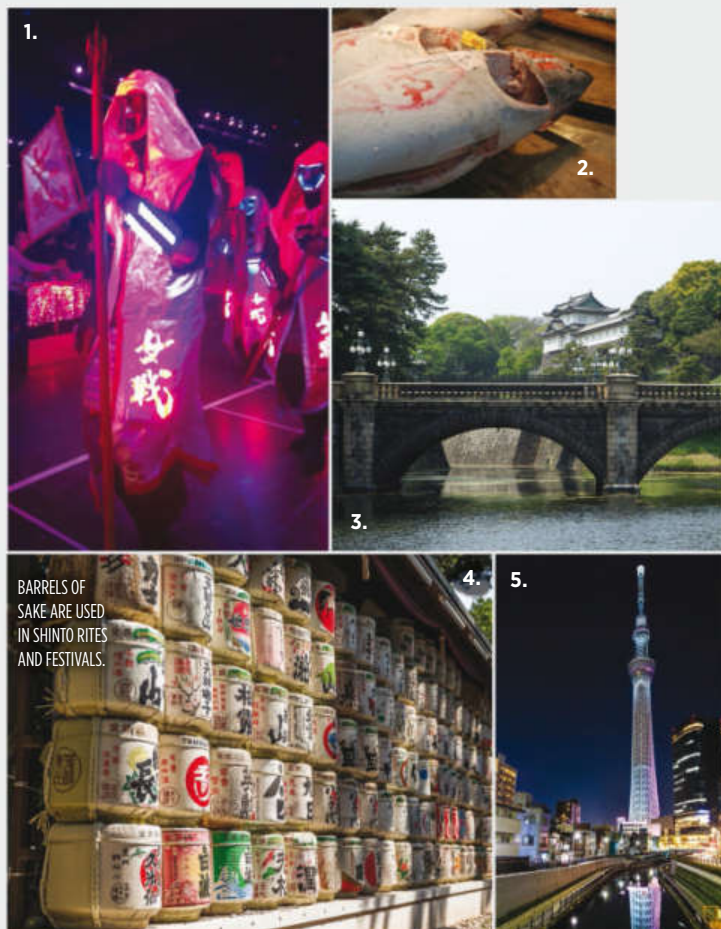
As in any metro area, balancing work, commuting and a desire to run presents a challenge. But Tokyo and other cities in Japan now have an extensive network of independently owned running centers, where members or

drop-in visitors go to join group runs, purchase gear, learn new running routes and enjoy a post-run bowl of miso soup—while enjoying access to locker rooms and showers. When I visited Tokyo last February to run the marathon, Joglis shop, located near the



PEERLESS PAMPERING

Whether you are worn out from running or sightseeing, a traditional onsen (bathhouse) is an invigorating antidote for weary legs. Again, tradition runs deep. It's important to follow instructions and watch others for hints on what to do. Tattoos are generally not welcome—if you cover them with a bandage, you may get a pass. Men and women have their own separate areas and bathing and soaking happens in the nude—no suits allowed. When you first walk in, you sit on a stool and bathe before entering any of the soaking pools. You are generally given a small towel, about the size of a washcloth. Some people use the towel on their head; others used it as a pillow. I saved mine to dry off, at least kind of, before getting dressed.



BARRELS OF SAKE ARE USED IN SHINTO RITES AND FESTIVALS.

FIVE DON'T-MISS SITES

When merely sitting on a park bench to watch the world go by is an enriching cultural experience, it's hard to narrow down a list of things to see and do between your runs. The choices can be overwhelming, so here are five of my suggestions.

1. Robot Restaurant

I don't even know how to describe this place other than it makes for an unforgettable evening. While the food is good, the real reason for going is the show: samurai in flashing robes, a robot-eating shark, traditional drums played by women wearing flashing wigs—it was awesome!

2. Tsukiji Market

If getting up at the crack of dawn to watch the fish auction isn't your idea of fun for a vacation, the market is still worth a visit due to its sheer size and the varieties of seafood passing through. And if you don't like fish, take a walk through the equally vast produce market. But visit soon—the old market is slated to be razed and rebuilt in a new location.

3. Tokyo Imperial Palace

I didn't actually go on a tour of the palace—I heard it was well worth it—but running through the grounds was perfect for me. Especially when I turned around to see the rest of the city, seemingly held back from the palace by the ancient moat.

4. Meiji Shrine

The shrine is located in a 200-acre park in the middle of the city. Just a short walk down the path, city noises fade away and the busy energy is replaced with serene gardens, the shrine and plenty of shade. The crushed gravel paths would be dreamy for running, but this was one place I enjoyed walking.

5. Tokyo Skytree

Once you've seen Tokyo at street level, seeing it from up high gives a new perspective. Tokyo Skytree is the tallest tower in Japan, but Tokyo Tower and the Tokyo Metropolitan Government Building offer uniquely impressive views as well.

Imperial Palace, was a perfect spot to warm up after a chilly run and gain course insights about my upcoming race from locals.

The Tokyo Marathon

Founded in 2007 by combining an elite marathon and a citizens' race, the Tokyo Marathon sparked a cultural running boom. With 36,000 runners covering 26.2 miles, there is no denying Tokyo is massive, but even if you've become jaded by big city races, the pageantry and spectator enthusiasm is inspiring. Dancers, drummers, a pristine setting (the only "trash" I saw was confetti shot from cannons at the race start), cultural nuances (race fuel included tomatoes, pickled

plums and a spectator-provided array of sweet treats) and the ability to sightsee on the run made it one of a kind. And all that was before I saw the elites pass by on one of the out-and-back sections! This was also the only big marathon I've run with free post-race acupuncture, warm footbaths and large locker rooms at the finish line.

When to Run

Tokyo has a rather temperate climate; it's comparable to the Mid-Atlantic region, meaning there'll be a few bitter cold days in the winter and quite a few hot, humid periods in the summer. But for the most part, any time is a good time to run. One friend, who grew up in

Japan, says the fall, specifically late September and early October, was her favorite time to exercise outdoors because of the vibrant color displays as the leaves change. Spring is another prime time. The Tokyo Marathon is at the very end of February and the temperature was in the high 40s for race day. Cherry blossoms are out in full force by early March and running through the fluttering, light pink petals releasing their delicate scent is simply intoxicating.

What to Wear

The outfits of Takeshita Street being the exception, Japanese attire is generally conservative. And while sumo wrestlers wear a mawashi for competition, other

athletic pursuits necessitate a bit more clothing. When it comes to running, think about wearing layers, especially for the bottoms. Tight-fitting boy-style, capris or tights are fine, as long as they have a loose pair of shorts on top. When I asked why this was the case, my guide said, "Otherwise it looks like you are running in your underwear." I still ran in capris, without shorts, one of my many cultural gaffes, but it's worth noting and adopting if you so desire. As for other gear and gadgets, if you have it, use it! Every runner I saw was running with some sort of data-collection device.

What to Eat

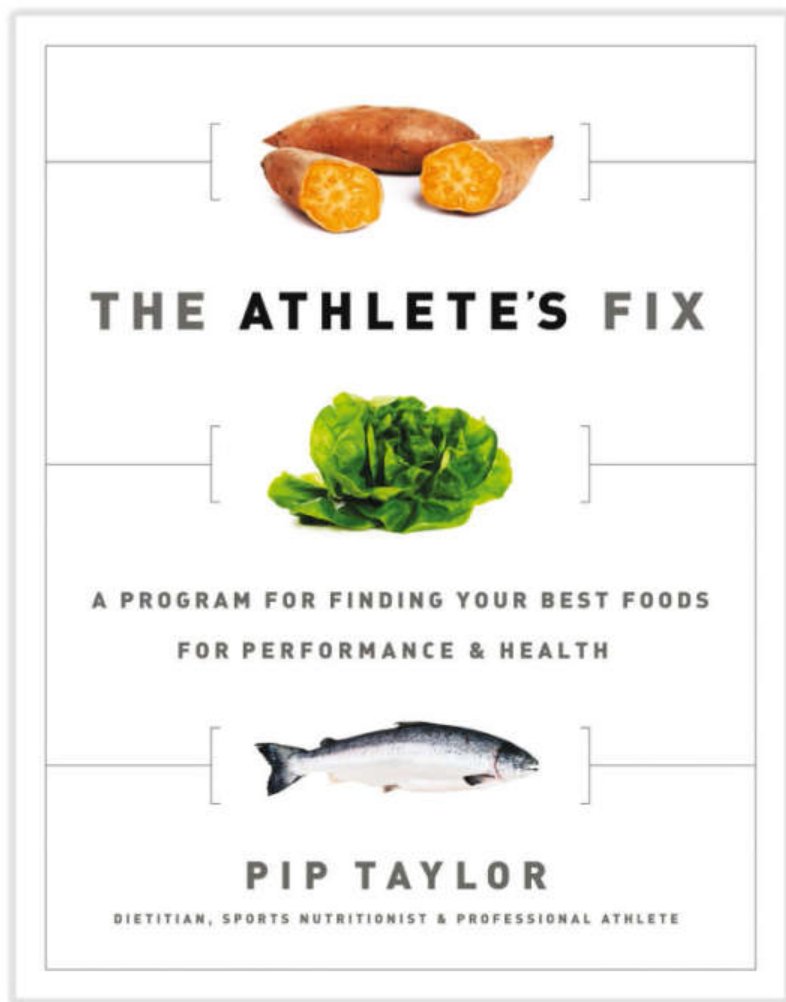
Eating in Tokyo was a delicious adventure, save for a couple of

exceptions (dried squid topping that list). Sushi, cook-it-yourself shabu-shabu and onigiri (savory rice balls wrapped in seaweed with a tasty bite of salmon or pickle in the middle) were some favorites. But I became obsessed with soft, pillowy balls of rice dough filled with lightly sweetened bean paste called mochi. In fact with their blend of carbohydrates and protein, I dubbed them "the perfect running food." Whether or not that's the case (okay, maybe not!) they are readily available and make a just-right afternoon pick-me-up when sightseeing has you feeling peckish. Matcha-flavored (green tea) pastry with red bean paste or plain dough filled with white bean paste and a juicy strawberry are two top picks.

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A Rainbow of Foods

Enjoy dishes in every shade to pack your diet with a variety of nutrients.

BY CLARA SILVERSTEIN

The complex carbs that fuel our long runs—pasta, bread, rice, oatmeal—generally fit into the same neutral beige color scheme. Fruits and vegetables add nutrients along with vibrant colors to brighten up your meals. Each one of these recipes and ingredients corresponds to a color of the rainbow. Mix, match and design your way to a healthy plate.

Red

Strawberries and raspberries may be the most vibrantly hued red foods, but there's no better time to eat a fiber-loaded apple a day than in the peak fall harvest season. At any time of year, look for dried tart cherries and their juice—both contain an anti-inflammatory that reduces muscle soreness from strenuous runs. In the vegetable realm, don't forget about beets, which can be peeled, grated and eaten raw, or individually wrapped in foil and baked like potatoes. Radishes, part of the same plant family as broccoli and Brussels sprouts, are loaded with antioxidants. And for a powerhouse of nutrients in one spherical package, tomatoes offer vitamin B6 to help you store glycogen, potassium and lycopene, which may reduce the risk of heart disease and stroke.



STUDIO FIRMA/STOCKXCH.COM

Roasted Tomato Sauce

This simple recipe uses the oven to turn fresh tomatoes into a tasty sauce that can be served over pasta. The flavors become more concentrated as the sauce bakes.

Serves 2

1 pound tomatoes, diced into ½ inch pieces
2 cloves garlic, thinly sliced
5 pitted black olives, such as Kalamata, chopped
½ tsp. dried oregano
Salt and pepper, to taste
1 Tbsp. olive oil
2 Tbsp. grated Parmesan cheese

Preheat oven to 400 degrees. **Place** tomatoes in an 8-by-8-inch roasting pan. **Add** garlic, olives, oregano, salt and pepper. **Drizzle** with olive oil. **Toss** to mix well. **Bake** 45 minutes, stirring occasionally, until the liquid has mostly evaporated and the flavors have concentrated. **Serve**

over pasta. **Top** each serving with a tablespoon of Parmesan cheese.

Orange

In the fall, the most visible orange vegetable is the pumpkin, with butter-nut and acorn squash also in abundance. The salmon shade comes from the anti-oxidant beta-carotene. Other orange veggies, such as carrots and sweet potatoes, contain a megadose of vitamin A, which helps optimal eye function and boosts the immune system. Orange wedges may be a favorite snack handed out by spectators during races, but don't forget other citrus fruits, including the bite-sized, tart kumquat and the tangerine. Mangoes, peaches and apricots—fresh or frozen—can give a sunny boost to any smoothie.



ALESSIO BOCANI/STOCKSY.COM

Spicy Carrot–Sweet Potato Soup

This soup combines vitamin A–packed sweet potatoes and carrots with chili pepper, which contains the anti-inflammatory capsaicin. Chicken broth adds protein, while orange juice brightens the color and delivers vitamin C for an immune-system boost. *Serves 4*

1 Tbsp. olive oil
1 onion, diced
½ pound carrots, sliced into ½-inch rounds
¾ pound sweet potato, peeled and cut into ½-inch chunks
2 tsp. minced chili pepper such as serrano
2 tsp. cumin
Salt and pepper, to taste
2 cups chicken broth (substitute vegetable broth for a

vegan recipe)
1 cup orange juice
Red bell pepper slices, for garnish
Chopped fresh parsley, for garnish

Heat olive oil in a soup pot. **Add** onion and **sauté** 1 minute. **Add** carrots and sweet potato and **sauté** 5 minutes until vegetables begin to soften.

Add chili pepper, cumin, salt and pepper to taste and **sauté** 30 seconds. **Pour** in broth and orange juice. Bring to a **boil**. **Reduce** heat and **simmer** until vegetables are soft, about 20 minutes. **Remove** from heat. **Purée** in pot using an immersion blender or in batches in a regular blender. **Garnish** each serving with pepper slices and parsley.

Yellow

You're not likely to munch on a raw lemon, but the zest and juice of this versatile, vitamin C-rich fruit can brighten up almost anything from a fresh fruit salad to muffins. Eggs contain many healthy nutrients for runners, including protein for building muscles and choline for fighting inflammation and swelling after a hard workout. If you're gluten-free, reach for cornmeal instead of flour in your baking. Yellow split peas are a legume that needs no soaking before being turned into a soup. But the best-known yellow food for runners has to be bananas. Their complex carbs and potassium, plus their portability, put them at the start and finish of almost every race.



DAVIDE LLUN/ISTOCK.COM

Banana Pudding

Recovery is the name of the game with this combo of bananas and protein-rich milk. In the South, where this dessert is a favorite, the pudding is usually served on a bed of vanilla wafers. This lightened version achieves the same flavor profile with vanilla wafer crumbs and low-fat milk.
Serves 4

2 cups 2 percent milk
½ cup sugar
2 Tbsp. cornstarch
2 eggs
1½ tsp. vanilla extract
1 Tbsp. butter
1 cup vanilla wafer crumbs
3 large bananas, sliced into ¼-inch rounds

Pour milk into a saucepan. In a bowl, **mix** sugar with cornstarch, and stir it into milk.

Bring milk to a **simmer** over low heat, but do not let it boil. In a separate bowl, lightly **beat** eggs with a fork. **Pour** about ½ cup of the warm milk mixture into eggs, and **whisk** together. **Pour** into saucepan and **simmer**, whisking constantly, until thick and bubbly, 3–4 minutes. **Remove** from heat. **Stir** in vanilla extract and butter, continuing to stir until the butter melts. **Set** aside,

whisking occasionally to avoid lumps.

Line the bottom of an approximately 8-inch round serving dish with ⅓ of wafer crumbs and ½ of banana slices. **Pour** ½ of pudding on top. **Sprinkle** with ⅓ of wafer crumbs and repeat a banana-pudding layer. **Top** with remaining crushed wafers. **Cover** with plastic wrap and **chill** at least 3 hours before serving.

Green

This is the quintessential nutritional powerhouse color—that's why you've heard about it since childhood—so continue to load up on kale and chard. Matcha green tea is another verdant go-to for sprinkling into smoothies or adding to baked goods; this concentrated, powder tea contains the antioxidant catechin and it has a performance-enhancing dose of caffeine. Another green favorite for runners: sugar snap peas. These make a portable, low-calorie, crunchy snack, and just one cup delivers nearly 100 percent of the recommended daily value of vitamin C. Snap peas also contain vitamin K, which promotes bone health.



Marinated Sugar Snap Peas

This recipe dresses up sugar snap peas with an Asian-inspired marinade of sesame oil and soy sauce. Water chestnuts add crunch. Pour on the dressing when the peas are still hot; the flavors will be absorbed as the veggies cool.

Serves 2

1 Tbsp. soy sauce
1 Tbsp. sesame oil
1 Tbsp. vinegar
8 oz. sugar snap peas
1 8-ounce can diced water chestnuts, drained

Mix together soy sauce, sesame oil and vinegar in a small bowl, and set aside. **Place** sugar snap peas in the

basket of a steamer. **Add** 2 inches of water to the pot, **cover** and **steam** 5 minutes. Immediately **remove** peas from the steamer and **place** them in a container with a flat bottom. **Add** water chestnuts and **toss**. **Pour** marinade over the top and **toss** again. Let **cool** for 5 minutes. **Cover** container and **refrigerate**

for at least 1 hour, tossing occasionally to distribute the marinade. **Enjoy** immediately or allow flavors to meld for up to 24 hours.

Blue

This color may be rare in the food world (no, Gatorade doesn't count), but luckily, blueberries make a healthy and versatile ingredient. They contain powerful antioxidants, which have been linked to improved cardiovascular health. The berries also pack in fiber to aid the digestive tract and vitamin C for an immune system boost—all in one easily consumed package. Layer them with yogurt and granola in a parfait, toss them into muffins, bake them into an oatmeal-topped crisp—or simply eat them plain.



REMIJA DORANSKA/STOCKSY.COM

Blueberry-Almond Smoothie

This recipe blends blueberries with almonds for flavor as well as extra nutrients. Almonds contain vitamin E, another antioxidant. Add a scoop of whey powder for protein.

Serves 1

1 cup blueberries
¼ cup unsweetened almond milk
2 Tbsp. almond butter
Salt, to taste
1 tsp. honey
1 Tbsp. whey powder (optional)
1–2 drops almond extract
2 ice cubes

Place all ingredients in a blender and **blend** until smooth.

Purple

You'll never see a purple cow, but you can find farm stands filled with this color in the fall, when Concord grapes and figs are in season. Like red wine, Concord grapes and their juice contain the antioxidant resveratrol. Make sure to eat the skin to receive the full nutritional benefits. On the vegetable side, reach for eggplants, which can be baked whole (pierce the skin first and put them in a pan to catch their juices). Kohlrabi, part of the plant family that includes the well-known purple cabbage, has an edible bulb and leaves. Potatoes come in many varieties, including purple ones that originated in the mountains of Peru and Bolivia. These potatoes taste similar to their white-fleshed cousins, but they also contain the antioxidant anthocyanin. Like all potatoes, purple ones are a good source of complex carbohydrates to fuel long runs. 



Roasted Purple Potatoes

This recipe tastes something like french fries. The potatoes remain a vivid purple, even when roasted. Sesame seeds offer contrasting sprinkles of color and a boost of calcium, which helps bone strength.

Serves 2

1 pound purple potatoes, cut into ½-inch wedges
2 Tbsp. canola oil
Salt and pepper, to taste
2 Tbsp. raw sesame seeds

Preheat oven to 400 degrees. **Place** potatoes in a roasting pan. **Toss** with canola oil, salt and pepper. **Sprinkle** with sesame seeds and **toss** again to evenly distribute the seeds. **Roast**, stirring occasionally, until the potatoes are cooked through, about 25 minutes.

6 BEST TREADMILL WORKOUTS YOU'VE NEVER TRIED

If you're running indoors, do your body and mind a favor by spicing up your workout game.

BY MATT FITZGERALD

When was the last time you did a workout you had never done before? If you're like a lot of runners, it's been a while. We all know that varying your runs improves performance, but mixing things up takes mental energy. To avoid that headache, too often we choose to do the same old thing over and over.

Getting stuck in a rut in training not only limits improvement but also leads to boredom—and there's nowhere tedium feels more present than on the treadmill. These six workouts will make your indoor training more effective and enjoyable.

Cruise Intervals

Challenge Level: *Moderate*

If you like to mix tempo runs into your training mix, try cruise intervals instead. This workout provides the same lactate-threshold improvement as a steady-state tempo but breaks up the monotony with shorter segments so you're not staring at the digital display for 20 minutes. Great for runners of all levels—let your breathing and heart rate guide your speed.

The Workout

- 1 Start with a 5- to 10-minute warm-up at a perceived effort level of 3 on a 1–10 scale.
- 2 Increase speed until your effort rises to 6, and stay at this level for 5 minutes.
- 3 Drop to an effort level of 4 for 2 minutes to recover.
- 4 Complete a total of 3 to 5 of these 5-minute efforts followed by 2-minute recoveries, depending on your fitness level.
- 5 Cool down for 5 to 10 minutes at an effort level of 3.

Open-Loop Performance Test

Challenge Level: *High*

In a lab, scientists often assess athlete's fitness through a VO₂-max test. In a typical test, the subject runs on a treadmill, incrementally increasing speeds until she has to stop. This format is known as an open-loop test because there is no predetermined endpoint. Unlike a race, which has a fixed finish line, this test keeps going until the subject feels she cannot continue. Open-loop fitness tests can be done away from the exercise science laboratory, and although quite challenging, they are a great way to track progress.

During the test, be sure to note the point you reach your max—for example, after 1 minute and 12 seconds of running at 8.8 mph. Wait a few weeks and then repeat the test. If you are able to reach a higher speed or last longer at the same speed, you're getting fitter.

The Workout

- 1 Start with a 5- to 10-minute warm-up at a perceived effort level of 3 on a 1–10 scale.
- 2 Increase speed by 0.5 mph.
- 3 After 2 minutes, increase speed by another 0.5 mph.
- 4 Continue in this manner until your perceived effort level rises to 10.
- 5 At that point, you can jump your feet on the sides of the treadmill if you need to. Slow down to an easy jog or a walking pace. Cool down for 5 minutes at this low intensity.



6 BEST TREADMILL WORKOUTS YOU'VE NEVER TRIED

Half-Mile Cut-Downs

Challenge Level: *Moderate to High*

"Cut-down" describes a workout in which each interval is run slightly faster than the one before. Half-mile cut-downs are a good place to start, because they offer benefits for runners training for any race distance. They give 5K runners practice running at race pace or a bit faster, and they give marathoners a boost in aerobic capacity, which makes marathon pace feel easier.

The Workout

- 1 Start with a 5- to 10-minute warm-up at a perceived effort level of 3 on a 1–10 scale.
- 2 Accelerate to your 5K race pace and run for 0.5 mile.
- 3 Recover for 0.25 mile at your warm-up pace.
- 4 Perform another 0.5-mile interval, but go slightly (0.1–0.2 mph) faster than you did for the first one. (For example, if you ran your first 5K-pace interval at 8.3 mph, run the second interval at 8.4 or 8.5 mph.)
- 5 After another 0.25-mile recovery, complete a third half-mile interval, again going 0.1–0.2 mph faster than you did in the last one. Continue until you have completed four to six intervals, depending on your fitness level.
- 6 Cool down for 5 to 10 minutes at an effort level of 3.

Relaxation Run

Challenge Level: *Low*

One of the most overlooked components of successful training is the ability to listen to one's body. Tuning into yourself will enable you to make the right decision about whether to take a day off for rest or continue training, or which shoe to choose at your local running specialty shop. The relaxation run is a tool to cultivate body awareness. Leave the headphones at home. This is essentially a moving meditation.

The Workout

- 1 Select a pace that allows you to run in a very relaxed state. It doesn't matter how slow this is—in fact, don't even pay attention to speed. Concentrate only on finding a pace that feels *extremely* comfortable.
- 2 Continue for at least 20 minutes and up to an hour.
- 3 As you run, try to empty your mind of all thoughts.
- 4 Keep your attention on your body. Start by isolating your breath, then pay attention to how your feet are landing, and then move to other parts of your running experience. Wherever you find tension, release it.

Power Sprints

Challenge Level: *Moderate*

Most runners never run all out in training. That's too bad, because sprinting is fun(!) and beneficial, even for marathoners. The downside of sprinting is that it



comes with a risk of hamstring strains. But you can minimize that risk by sprinting uphill on a treadmill where the environment is controlled. The best time to incorporate power sprints into your training is at the end of an easy run.

The Workout

- 1 After completing an easy treadmill run of normal duration and pace, increase the incline to 10 percent.
- 2 When the treadmill stops rising, increase the belt speed to a level that feels like a 9 on the effort scale.
- 3 It will take about 10 seconds for the belt to make this adjustment in speed. Continue sprinting for an additional 10 seconds (i.e., for a total of 20 seconds) and then reduce the belt speed to a walking pace.
- 4 Walk for 2 minutes and then perform another 20-second sprint.
- 5 Continue to alternate power sprints and walking recoveries until you've done a total of four to eight, depending on your fitness level.

Variable Long Run

Challenge Level: *Moderate*

A long run on a treadmill can feel like a never-ending slog, but it doesn't have to. Switching up your speed will provide an added challenge while keeping attention focused on nearby time horizons, making the time pass more quickly.

The Workout

- 1 First choose a duration that's normal for you. It can be anywhere from 40 minutes to 2 hours, depending on your fitness level and training schedule.
- 2 Start with a 5- to 10-minute warm-up at a perceived effort level of 3 on a 1–10 scale.
- 3 Next, either increase or decrease your speed by 0.1 to 0.2 mph or increase or decrease the incline of the treadmill belt

(note only certain models can be set at negative gradients) by 1 or 2 percent.

- 4 After 2 minutes, make a different change from among these same four options.
- 5 Continue to make small shifts to the speed or slope every 2 minutes for the remainder of the session. Just be sure to avoid making a sequence of changes (such as five consecutive increases in speed or incline) that lift your perceived effort level above 4 or drop it below 3. 

THE 1 PERCENT MYTH

Runners are often told to set their treadmill at a base incline of 1 percent. The reason is that, due to the lack of wind resistance, heart rates are slightly lower on the treadmill than they are outdoors. The 1 percent "correction" is intended to make running on the treadmill as challenging as running outside.

There's only problem: Heart rate does not determine how challenging a run is; conscious perception of effort does. And it just so happens that perception of effort is *higher* during treadmill running than it is outdoors at any given speed and incline. For this reason, it's unlikely that you would be able to match your outdoor 5K time (or your time for any other distance) on a treadmill.

Setting your treadmill at a base incline of 1 percent will only exacerbate this discrepancy. So instead leave it at 0 percent unless you're looking for the specific challenge of running uphill.



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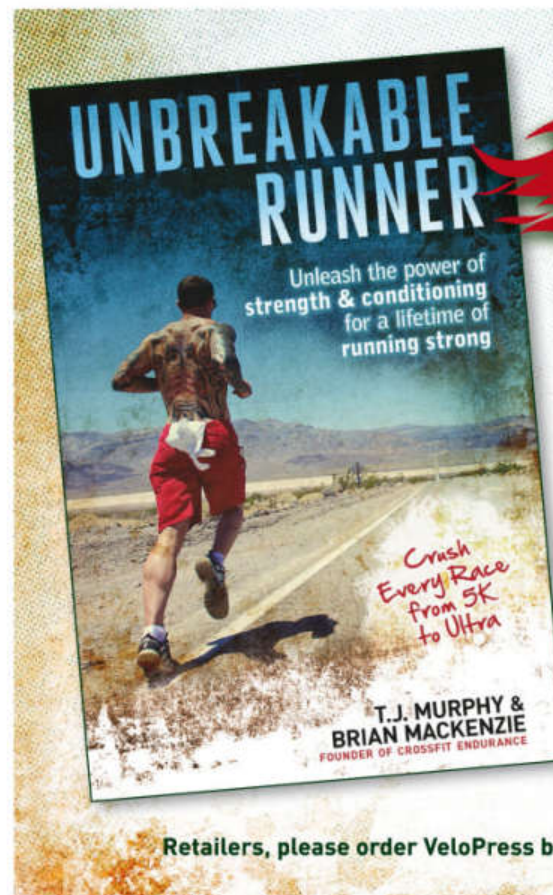


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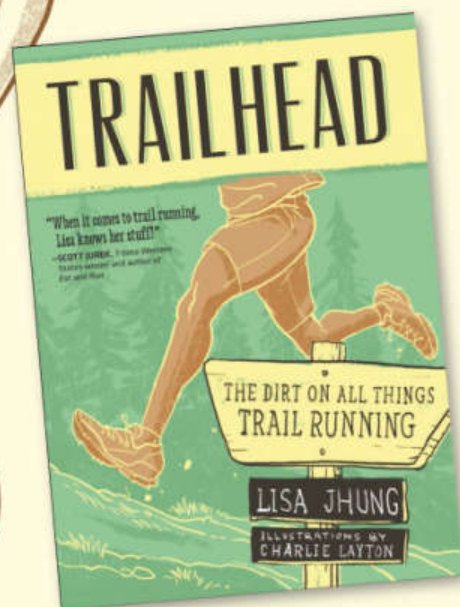
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Bottoms Up!

FOR OUR FIRST ANNUAL *BOOTY AWARDS*,
WE TESTED MORE THAN 150 STYLES TO FIND
THE TOP OF THE BOTTOMS.

What you wear to cover your booty can make or break a run (chafing, anyone?). Luckily, your options are way more varied than old-school gym shorts. Loose, tight, short or long—you have choices when deciding what style and coverage you want below the belt. We had more than 50 testers in all shapes and sizes put more than 150 different running shorts, skirts, capris and pants through the ringer. Real runners took popular styles for a handful of test runs (and a wash or two) to find the most durable, comfortable and stylish bottoms out there. Meet 12 of our testers and see what they loved wearing on their lower half!

Shorts

Tester: Apolonia (Apples) Calleja
 "I stay active every day so I can travel and taste as much food as possible."

Merrell *Lithos Short*

If you're looking for a compression short that isn't spandex-tight but hugs in all the right places, you'll want to take these for a test run. This short scored big points for its comfortable fabric and slimming waistband. Lopez remarked, "The fabric and fit of these shorts are awesome, comfortable and not too short." Plus, these black bottoms will flatter your back side. \$45, merrell.com



Tester: Amber Lopez
 "I started running this year when I decided to train for my first half marathon—which I finished in May."

Brooks *Racey 3.5" Shorts*

These light and bright shorts will help you crush your next workout (or at least make you feel incredibly fast). With a back pocket for storage and a perfectly fitted waistband, our testers raved about the comfort and durability. Calleja says, "I felt covered and secured throughout my movement." You won't be disappointed with performance, as these shorts are perfect for laps around the track or a speedy fartlek workout outdoors. \$54, brooksrunning.com

New Balance *Impact 3" Shorts*

Even though these bottoms were a bit shorter than what Bell normally wears, she loved the look and feel: "Most importantly, they didn't bunch between the legs." With a back pocket for storage and comfortable fit, these shorts didn't cause the dreaded thighs-on-fire chafing. Stylish and comfortable? We call that a win-win. \$45, newbalance.com



Tester: Peta Bell
 "I'm currently training for my first-ever marathon, New York City on Nov. 1, so I'm looking for any extra motivation to get out there and hit those training miles—and cute outfits definitely help!"

Capris



Tester: Rachel Baer

"I was inspired to register for my first half marathon through my co-workers. In the course of training, I lost over 100 pounds and now have two halves under my belt. Running gave me a second chance at life!"

Lorna Jane *Ultimate Support 7/8 Tight*

Every single one of the testers who tried this tight said they would recommend it to a friend—and runners don't give buddies bad advice. Baer specifically loved "the thick waistband, which is extremely comfortable and stays in place." External mesh paneling adds breathability, and reflective details ensure you'll be seen. The only downfall is the higher price, but with the ecstatic reviews they received, these capris may make a good choice for a splurge. **\$96, lornajane.com**



Tester: Madora Mak

"I look forward to morning runs so much that even on my day off I will wake up early, go for a run, shower and then get back in bed. It is such a great feeling lying in bed knowing you already have completed your workout for the day!"

Tasc Utopia Crop Printed

Tasc is known for creating stylish clothing from sustainable materials, like these capris made from organic cotton, bamboo and lycra. Mak didn't realize they were earth-friendly when she tested them but still raved about the breathable-yet-durable feel. She said, "The waistline fits well for all sizes, and the fabric is very breathable especially for training in the summer heat." Sweat-wicking technology adds comfort in warmer weather, and the UPF 50+ rating provides protection from the sun. **\$78, tascperformance.com**



Under Armour *Printed Fly-By Capri*



Tester: Christina Harrison

"I gave up on running 10 years ago—but started back up again last year, so I could keep up with my two kids."



Harrison "loved the color, pattern and the detail on the bottom of the capris." (How cute is that purple flair?) The small pocket on the back of the waistband holds your necessities while you're on the go. The only caveat is if it's hot outside, you may get that lovely crotch-centric sweat stain, thanks to the lighter colored fabric. If you're not exactly into that, Harrison recommends these for cooler days or easier runs. **\$55, underarmour.com**



Mizuno Trinity Skirt

If you've never run in a skirt before, we've found your perfect first style. Moran was skeptical of trying one out but was unexpectedly blown away by the comfort of the Mizuno model. She remarked the skirt was "feminine yet sporty." The built-in shorts didn't ride up and the material (lightweight mélange) she described as "perfect for running." The subtle color makes this skirt easy to pair with any sort of top. **\$57, mizunousa.com**



Tester:
Tara Moran
"In the past six years, I've done over 60 races, including a 50K and Ironman."

Skirts

Patagonia Nine Trails Skirt

For runners who like to stash their phone, credit card, keys, gels, etc., this skirt has it all. With two side pockets and a zipped one in the back, you'll have plenty of places to store your stuff. Wilkerson loved the shorts underneath and the fact that despite the double layer, everything stayed perfectly in place (no adjusting mid-run). Recycled polyester in the fabric blend was simply an added bonus. **\$59, patagonia.com**

Tester: Jen Wilkerson
"I love running the trails at Torrey Pines in my hometown of San Diego to catch the views and fresh ocean breeze!"



Running Skirts Colorblock Athletic Skirt

Make a fashion statement on your next run. You won't be missed in this bright and colorfully patterned skirt. Ryun loved the support and practicability as well as its sporty design. The skirt made her "feel fit" after recently coming back from an ACL injury. The attached black shorts prevent a "Hello, world!" moment when the wind blows—and keep thighs protected from rub. **\$69, runningskirts.com**

Tester: Catharine Ryun
"I used to work for President George W. Bush and beat him in a 5K race."



Pants

Lululemon *Speed Tight IV*

"Comfort beyond words" and "worth the price" are a few of the rave reviews we received for these pants. With sleek side pockets that blend with the design, you can easily slip in keys or even your phone. Ruching on the bottom of the leg adds flair and ups the comfort factor for those with larger calves—like most runners! Ideal for fall and winter running (the material is pretty thick) and great for a few downward dogs after, these pants scored major points for their flexibility and trendy style. **\$108, lululemon.com**

Tester: Claire McDaniel
"I danced in Penn State's 46-hour, no-sleeping, no-sitting dance marathon to help raise \$7.4 million to fund pediatric cancer research."



Saucony *Bullet Tight*

"Fun, fashionable and functional" were a few words Centeno-Vera used to describe these tights. Don't be fooled if they look a little small at first; the comfortable and soft fabric is so stretchy that they slip on easily. These are great for sweaty runners who want full coverage, as fast-wicking technology means you can wear a tight even when temperatures rise. Added bonus: The zipper at the ankle adds a unique style element. **\$72, saucony.com**

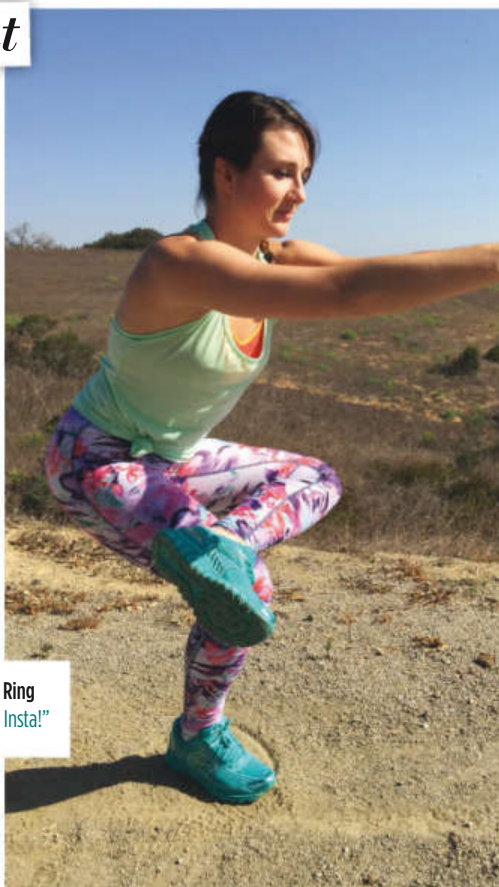
Tester: Liz Centeno-Vera
"I run faster on trails than I do on pavement!"



Roxy Relay Pant

When our testers heard "Roxy," they thought bikinis and surf apparel. However, these form-fitting leggings are a great choice for your next long run on dry land. With bright, fun patterns, a back zippered pocket for storage and breathable material, Ring exclaimed she could, "live in them." Any pair of pants you can wear from breakfast to bedtime is a priceless purchase! **\$64, roxy.com**

Tester: Kayla Ring
"I run for the Insta!"



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TeamEdith is the national fundraising team supporting the Edith Sanford Breast Foundation, a forward-thinking initiative dedicated to ending breast cancer.

100% goes to research to advance personalized prevention, treatment and cures.



Kevin, New Jersey

Competed in his first triathlon for his wife, Tracy, now facing breast cancer for the second time.

"People say to me, 'Congratulations on competing in a triathlon, I could never do that,' but triathlons are easy compared to what my wife has endured."



Kim, Florida

An LPGA golfer who hits the green to help find cures.

"I'm proud to support TeamEdith and help accelerate research to protect future generations of women and families from this devastating disease."



Annie, North Dakota

Finished a half marathon in honor of her breast cancer patients.

"I am a physician assistant at a cancer center where I treat breast cancer patients almost daily. I ran in honor of the strong women I see."

For us, this fight is personal. Join us today at edithsanford.org and connect your passion with our mission. We're stronger together.



Cyrus, Tennessee

Runs marathons in honor of his girlfriend, a breast cancer survivor, and women everywhere.

"To beat breast cancer, to reach a fundraising goal or to finish the race, you have to go all the way. Nothing less than 100% will do."



Women Uniting Against Breast Cancer, South Dakota

United more than 100 women and men from the community to contribute and commit to progress.

"We're cheering, racing, wearing pink, learning, walking, running, swimming, biking, donating, encouraging, skipping and shouting at the top of our lungs: 'We will not rest until a cure is found!'"



LaTricia, Arizona

Raced a half marathon in memory of her close friend, Barbra, who was taken too soon.

"I lost a dear friend to breast cancer. Through TeamEdith, I can honor her memory, while also helping advance innovative research to help end this disease."

SMOOTHIES FOR BEGINNERS

Not everyone knows how to make a smoothie. We discovered this in a very unscientific poll in our office. Instead of deferring to the pros at your local juice bar, this foolproof guide will have you blending up healthy drinks in your own kitchen pronto.

BY NICKI MILLER

GIVE IT A WHIRL

After adding everything to your blender (measurements are for 1 serving), start on a low speed and work your way higher. As the frozen chunks break down, run on high for up to 1 minute to get everything smooth. Taste and serve. When in doubt, add more fruit!

DO I HAVE TO ADD EVERYTHING?

No! If you include too many ingredients, your smoothie may be more science experiment than tasty concoction. Start slowly by adding one ingredient per layer (we used the bold ones). As you gain more confidence in the process, you can get more creative. There are also recipes galore on our website and one on page 76.

LIQUID

TRY: organic milk, coconut water, almond milk, **WATER**

Keep it simple with a slosh from your tap! If you have other liquids you feel like using, go for it. Add about 1 cup depending on how thick you like it.

SMOOTH MAKER

TRY: avocado, coconut butter, **BANANA**

You need something with a smooth texture to help the consistency go from a little gritty to creamy goodness. Just $\frac{1}{4}$ banana or a slice of avocado (both can be peeled and frozen in advance) is enough, but use more if you want to add flavor.

FROZEN FRUITS

TRY: tart cherries, blueberries, **STRAWBERRIES**

Instead of ice, use frozen fruit and you won't dilute the taste. You can buy a bag in the grocery store or freeze your own when your favorites are in season. Add 1 cup per serving.

FRESH FRUITS

TRY: apple, orange, **CUCUMBER**
A small layer of fruit can add a fresh dimension. Cucumber doesn't add a lot of flavor, but it's a great low-calorie filler if you really want other flavors to shine. Use $\frac{1}{2}$ cup.

OTHER VEGGIES

TRY: beet, celery, **CARROTS**

Tailor these nutrient boosters to your liking and cut into chunks (about $\frac{1}{4}$ cup per serving), but keep the skins on everything—more fiber!

START HERE: GREENS

TRY: spinach, kale, **CHARD**

By adding leaves first, larger chunks won't get stuck in the blades and everything will blend more easily. You can trust your smoothie won't taste like salad with a packed $\frac{1}{4}$ cup.

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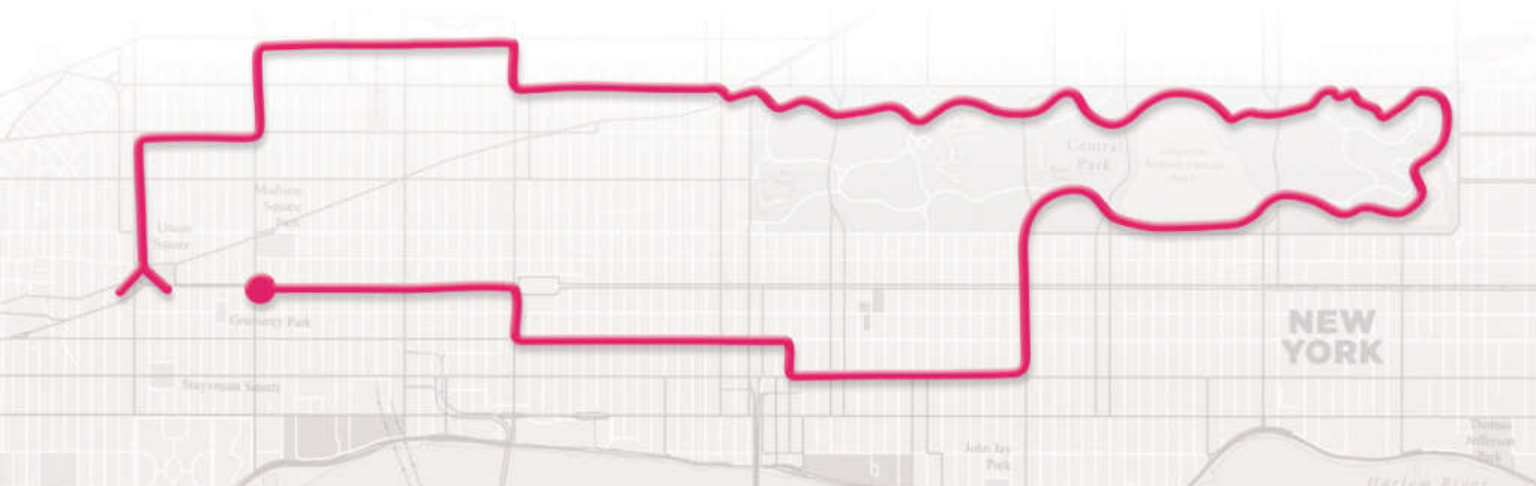
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